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Monday



WORLD BASEBALL CLASSIC

The Orioles' Adam Jones lifts Team USA into the next round **16**

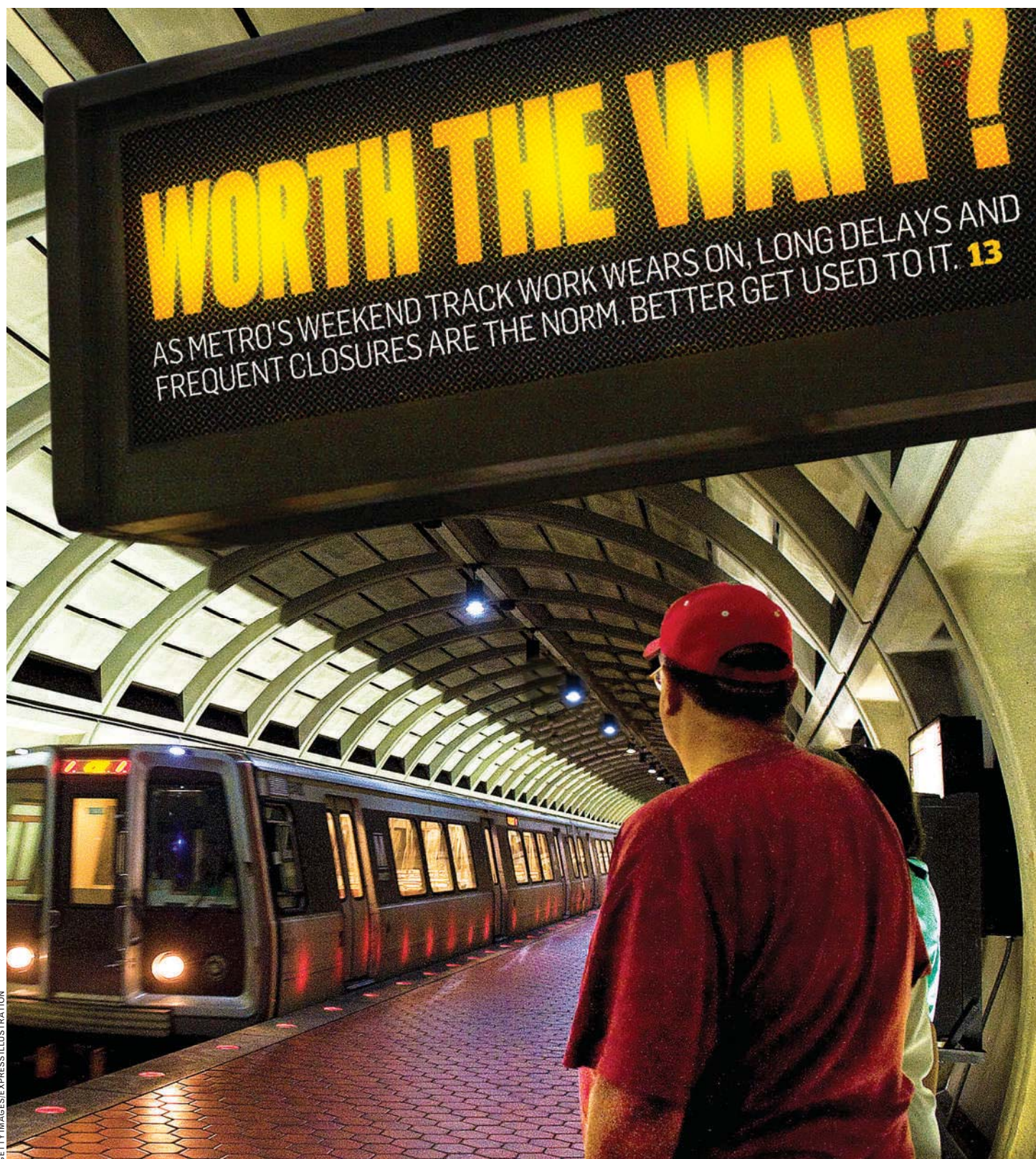
ON DEFENSE

Karzai's claims add to Hagel's troubled trip to Afghanistan **8**

A PERSONAL CRUSADE

A Va. mom demands an overhaul of the state's day-care laws **11**

MARCH 11, 2013 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**



am **63 | 50** pm

FOR EXTENDED FORECAST, SEE PAGE 29



eye openers

WEAPONS

'I See Your Giant Knife And Raise You a Machete'

Police in Middletown, Conn., say a home invasion suspect broke into an apartment armed with a knife, but he was met with a machete and scared off. Damion Palmer broke into his ex-girlfriend's apartment Wednesday. The woman's current boyfriend confronted Palmer, who had a large knife tucked in his waistband. The boyfriend grabbed a machete and called 911. (AP)

HEALTH CARE

Uninsured Seal Turned Away

A seal made an unexpected appearance at the entrance of Mercy Hospital in Portland, Maine, on Friday. Several people coaxed the seal back to the river. "We were calling it like a dog: 'C'mon, c'mon,'" said one person. "Oddly enough, it came to us." A seal expert said they should have left the seal alone and called a toll-free marine mammal rescue hotline. (AP)

MATH

How Many Buses Must Be Disabled to Move a Test Day? A)1 B)5 C)15 D)19

Classes were canceled for the day in one West Michigan school district after air was let out of tires on a fleet of 19 school buses — on a test day. Schools in the Whitehall School District were closed Thursday after a maintenance official discovered the flat tires. Front and rear tires were flattened. (AP)

The Big Picture



TREE FAIRY STRIKES AGAIN: Portland, Ore., parks officials say a Douglas fir sapling resembling one stolen from a tiny Portland park has appeared at the 2-foot-diameter oasis. On Wednesday, park staffers planted a replacement sapling. On Friday, a young tree, roots and all, was lying on its side beside the replacement tree. (AP)

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THIS WEEK

Vatican Proceedings

The Catholic Church's 115 cardinal-electors will open the conclave to elect a new pope on Tuesday. It is unclear when the secretive meeting will yield a new pope, but the last such conclave, in 2005, produced a pope a day later.



Romney Re-emerges

The Conservative Political Action Conference starts Thursday at National Harbor in Prince George's County, Md. Mitt Romney is slated to speak Friday, his first public speech since his loss.

Correction

The Extra Bites item "Con-stant Celebration" on page E11 in Thursday's Weekend Pass gave an incorrect website for the Pi(e) Day party on March 14. It is Nothinginthehouse.com.

Sandy-Hit Homes See Prices Fall

Superstorm reshapes housing market along the battered coastline

Long Beach, N.Y.

It sounds like the premise for a new reality TV series: "Hurricane House" — people scouring waterside communities to buy homes damaged by Superstorm Sandy at a deep discount.

While there are bargains out there, ranging from 10 percent off pre-storm prices for upscale homes on New York's Long Island and the Jersey Shore to as much as 60 percent off modest bungalows Staten Island and Queens, it's still very much a game of buyer beware.

Not only are buyers on the hook for repairs and in some cases total rebuilds, they're also wading into a host of potentially expensive uncertainties about new flood maps and future insurance rates, zoning changes and updated building codes.

"It's totally changed the way I sell real estate," said Lawrence Greenberg, a sales associate with Van Skiver Realtors.

There is no sign of a mass exodus from shoreline communities: The number of for-sale listings in January in the 380 ZIP codes hit by the storm was about 2 percent below the same time last year, Zillow Inc. says.

But real estate agents in New



Upscale homes along the storm-battered Jersey Shore, shown in October after Superstorm Sandy barreled through, are seeing up to a 10 percent drop in asking prices.

"We just want to get on with our lives. It's a hundred-something days after the storm, and we're still stuck in limbo."

— MICHAEL KUHN, WHO HAS BEEN TRYING TO SELL HIS BUNGALOW IN STATEN ISLAND'S OCEAN BREEZE SECTION. THE HOUSE WAS RIPPED OFF ITS FOUNDATION BY SUPERSTORM SANDY'S 14-FOOT SURGE.

York and New Jersey say the majority of homes for sale in these areas have damage from the Oct. 29 storm, and it appears to them that a rising number are being put on the market.

Some sellers are overwhelmed by the prospect of restoration. Some are older homeowners who are relocating. Some didn't have flood insurance.

In one sense, buying a storm-damaged home can offer an advantage, said Tom Tripodi of the Tripodi Group/Douglas Elliman Real Estate.

"If it's all gutted out, you can do what you want," said Tripodi, who also said investors are eyeing the area.

Officials and homeowners are trying to look to the future. New York Gov. Andrew Cuomo has announced a plan to buy out the entire Staten Island neighborhood of Oakwood Beach and let the land revert back to marshland. EILEEN AJ CONNELLY (AP)

A Tale of Two Damaged Homes

-\$115K

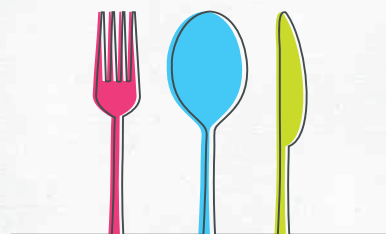
The drop in asking price (to \$550,000) for a 1930s-era three-bedroom, two-bath house in the Belle Harbor section of Queens, N.Y. The first floor was gutted after it took on about four feet of water in Superstorm Sandy. The buyer will have to pay for new floors and walls, a kitchen and a bathroom.

-\$1.25M

The difference in value of a 1940s-era six-bedroom, six-bath brick home right on the beach. The house, now listed for \$3 million, was hammered by Sandy and must be at least partially demolished. It will still command a hefty price because of its prime location, experts say. (AP)



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March 20 (Wednesday)

Department of Employment Services
Community Room
4058 Minnesota Ave., NE

March 21 (Thursday)

Matthews Memorial Baptist Church
2616 Martin Luther King Jr. Ave., SE

March 26 (Tuesday)

Ludlow-Taylor Elementary School
659 G Street, NE

March 28 (Thursday)

Woodrow Wilson High School
3950 Chesapeake Street, NW

Web Meeting _ April 9 (Tuesday)

DDOT will host a one-hour (12:00 p.m. to 1:00 p.m.) webcast. Visit wemovedc.org to sign up.

Can't Make It?

Visit wemovedc.org to learn more.

For those who need special accommodations or language assistance services (translation or interpretation), please contact Jordyne Blaise, Office of Civil Rights, at (202) 671-5117 or Jordyne.Blaise@dc.gov by March 15th. These services will be provided free of charge.



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Nation

In Brief

CAMBRIDGE, MASS.

Harvard Accused of Secret Email Searches

Harvard University administrators secretly searched the emails of 16 deans last fall, looking for a leak to reporters about a case of cheating, the Boston Globe and the New York Times reported, citing school officials. The accounts belonged to deans on a committee addressing the cheating. (AP)

WARREN, OHIO

Six Teens Killed in Crash

An SUV carrying eight teenagers crashed into a guardrail Sunday morning and landed in a pond in northeast Ohio, killing six of them and injuring the others, the Ohio State Highway Patrol said. The Honda Passport veered off the road, hit a guardrail and overturned. Those killed were ages 14 to 19. (AP)



GRAY, KY.

Uncle Says He Tried to Rescue Victims of Fire

The uncle of one of seven people killed in a Kentucky house fire says he tried to rescue them but was too late. Gino Cima said Sunday that he made it to the house, above, within minutes of hearing the news Saturday and found two bodies by a side door. Family members say five children were among the dead. (AP)



Look Who's Back: Susan Rice, the U.S. ambassador to the United Nations and one-time favorite for secretary of state, has emerged as the front-runner to become President Barack Obama's national security adviser later this year. Rice took heat from the GOP for statements she made after attacks in Benghazi, Libya. (THE WASHINGTON POST)

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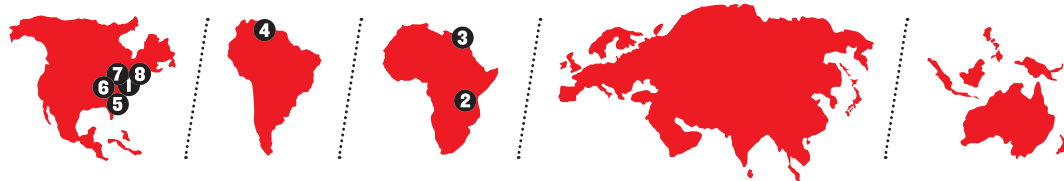
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Weekend Review



1 WASHINGTON

Bin Laden's Son-in-Law
Pleads Not Guilty

Sulaiman Abu Ghaith, the al-Qaeda spokesman, fundraiser and son-in-law to Osama bin Laden, pleaded not guilty Friday to conspiring to kill Americans in propaganda videos that warned of further assaults against the U.S. as devastating as the Sept. 11, 2001, attacks. (AP)

2 NAIROBI, KENYA

Kenyatta Wins Election;
Opposition Decries Tally

Uhuru Kenyatta, the son of Kenya's founding father, on Saturday was named the winner of the country's presidential election, with 50.07 percent of the vote. But Prime Minister Raila Odinga has refused to concede, alleging fraud. (AP)

3 CAIRO

Acquittals Prompt Riots

Egyptian soccer fans rampaged through Cairo on Saturday, furious about the acquittal of seven police officers while death sentences against 21 alleged rioters were confirmed in a trial over a 2012 stadium melee that left 74 people dead. Saturday's verdicts also came amid an unprecedented wave of strikes by the nation's police force. (AP)



FERNANDO LLANO/AP

4 Chavez Successor Sworn In

National Assembly President Diosdado Cabello, right, embraces Venezuela's new president, Nicolas Maduro, after his swearing-in Friday in Caracas. Maduro had been Hugo Chavez's vice president.



5 "Because of sequester they cut my tails. My joke writers have been placed on furlough."

— PRESIDENT BARACK OBAMA, SPEAKING SATURDAY AT THE ANNUAL GRIDIRON CLUB DINNER. THE DINNER IS BEST KNOWN FOR THE HOKEY SONG SKITS PUT ON BY A CAST OF POLITICAL JOURNALISTS.

6 WHITESBURG, KY.

40 Hikers Rescued in Ky.

More than three dozen Pennsylvania college students spending spring break in Kentucky on a mission trip were safe Friday after becoming lost for hours on a sightseeing mountain hike, officials said. Rescuers found the 37 students and three staff members after an hours-long effort in rough terrain and freezing temperatures. (AP)

7 UNITED NATIONS

Syrian Opposition Frees
21 U.N. Peacekeepers

Twenty-one U.N. peacekeepers held captive by Syrian rebels for four days were released Friday, the United Nations said. The captives had been monitoring a cease-fire line between Israel and Syria, and their abduction Wednesday illustrated the volatility of Syria's spreading civil war. (AP)

8 WHITMAN, MASS.

13

The snowfall, in inches, at Boston's Logan International Airport on Friday, thanks to a winter storm that was forecast to be little more than a nuisance for New England. Instead, some parts of the region saw up to 2 feet of snow. (AP)

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World

In Brief

CARACAS, VENEZUELA

Opposition Leader Seeks To Fill Chavez's Position



Capriles

Venezuelan opposition leader Henrique Capriles, 40, is set to announce he will run in elections to replace Hugo Chavez, setting up a make-or-break encounter against the dead president's hand-picked successor, Nicolas Maduro, a close adviser to Capriles said Sunday. Venezuela's election commission has set April 14 as the date of the vote. Acting President Maduro has said he will seek office. (AP)

BEIRUT

Clashes Deepen in Syria In Rebel-Held Areas

Syrian government airstrikes killed at least 14 people in the northern province of Raqqah less than a week after rebels seized the area's provincial capital, activists said Sunday. Also Sunday, some of the fiercest fighting in a year was reported in Baba Amr, the neighborhood in the central city of Homs that stood for rebel defiance as well as the government's ability to strike back. (AP)

CAIRO

Official: Militias Will Not Replace Police on Strike

Egypt's interior minister on Sunday declared he would not allow vigilantes or militias to take over police duties, while admitting his police force has been strained by daily protests, clashes and strikes. Mohammed Ibrahim spoke a day after protesters rampaged through Cairo, furious over the acquittal of seven of nine police officers in a trial over soccer violence that killed 74 people last year. (AP)

A Rocky Afghan Visit for Hagel

Bombings, tensions mark defense chief's first trip on the job

Kabul, Afghanistan

A series of security problems and fractured relations with Afghan leaders plagued Defense Secretary Chuck Hagel's first trip here as Pentagon chief, including the Afghan president's accusations that the U.S. and Taliban are working in concert to show that violence in the country will worsen if most coalition troops leave.

The top U.S. commander in Afghanistan, Gen. Joseph Dunford, quickly rejected the charges President Hamid Karzai made Sunday as "categorically false." But the accusations were just the latest in a series of disputes that have frayed relations between the two nations as the U.S. works to wind



"The explosions ... yesterday showed that they are at the service of America and at the service of this phrase: 2014."

— AFGHAN PRESIDENT HAMID KARZAI, ON SUNDAY SAYING TWO SUICIDE BOMBINGS SATURDAY INDICATE THAT THE INSURGENT GROUP IS TRYING TO SHOW THAT INTERNATIONAL FORCES WILL BE NEEDED TO KEEP THE PEACE AFTER 2014.

down the war and turn the country's security over to the Afghans.

Speaking after Karzai's comments, Dunford said the Afghan leader has never expressed such views to him but said it was understandable that tensions would arise as the coalition balances the need to complete its mission with the Afghans' move to exercise more sovereignty.

"We have fought too hard over the past 12 years, we have shed too much blood over the past 12 years,

On the Talks



Chuck Hagel, on his first visit to Afghanistan as U.S. defense chief, met with President Hamid Karzai on Sunday. Hagel, who says he's known Karzai since 2001, offered few details, saying: "[He] understands where we are and where we've been, and hopefully where we're going together." (AP)

we have done too much to help the Afghan security forces grow over the last 12 years to ever think that violence or instability would be to our advantage," Dunford said.

Dunford's comments, however, came soon after U.S. officials canceled a news conference with Hagel and Karzai because of a security threat — just a day after a suicide bomber on a bicycle struck outside the Afghan Defense Ministry, killing nine Afghans and wounding 14 others. Hagel heard the explosion but was never in danger.

The security problems compounded a series of flare-ups in recent weeks, including a dispute that has stalled the transfer of a U.S. prison to Afghan authority as well as Karzai's order to expel U.S. special operations forces out of Wardak province because of allegations that Afghans working with the commandos were involved in abusive behavior. LOLITA C. BALDOR (AP)

Christians Protest in Pakistan

Lahore, Pakistan

Hundreds of Christians protested and clashed with police across Pakistan on Sunday, a day after a Muslim mob burned dozens of homes owned by members of the minority religious group in retaliation for alleged insults against Islam's Prophet Muhammad.

The violence began Friday after a Muslim in Lahore accused a Christian man of blasphemy — an offense punishable by life in prison or even death. A day later, hundreds of angry Muslims rampaged through the Christian neighborhood, burning about 170 houses.

No Christians were hurt in Sat-



A Christian woman weeps Sunday in Lahore, Pakistan, after a mob attacked.

urday's attack in Lahore because they fled the area.

Authorities arrested 160 mob suspects, police said. But it remains to be seen whether anyone will be held accountable. (AP)

Japan to Mark Tsunami Anniversary



RESIDENTS PRAY SUNDAY AT A MAKESHIFT MEMORIAL

for the victims of the March 11, 2011, earthquake and tsunami that set off the Fukushima nuclear crisis. The memorial is in Namie, Japan, which is still in a caution zone. The country will mark the second anniversary of the disaster Monday.



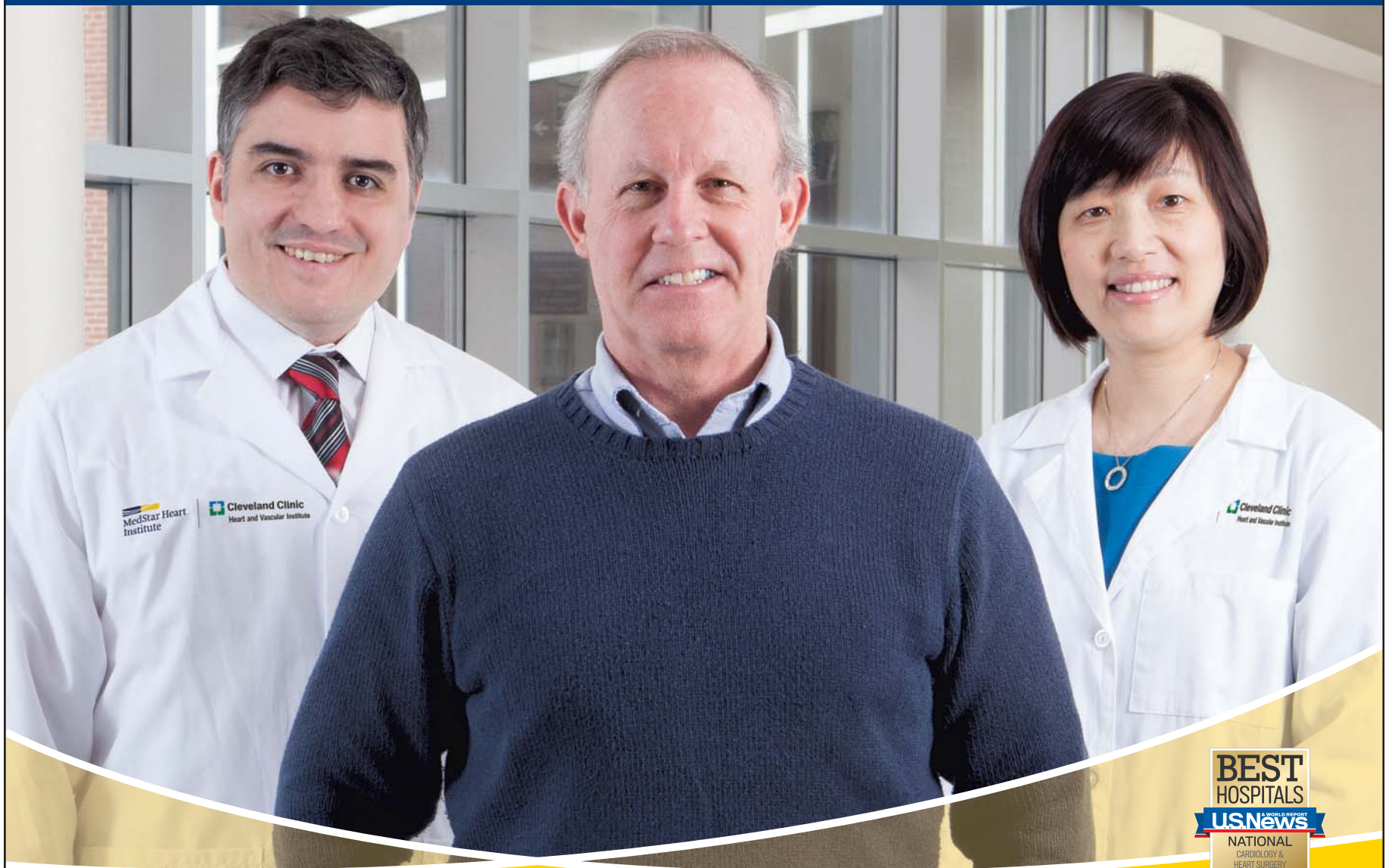
Holy Crowd: You're expecting hundreds of thousands of guests. You don't know where they're coming from, or when they'll arrive. You don't even know the date of the celebration. And heaven only knows the name of the man being feted. This is the logistical headache facing the city of Rome, which is preparing for the Vatican conclave to elect the Catholic Church's next pope in the wake of Benedict XVI's resignation last month. The conclave begins Tuesday. (AP)



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Bridge Nears Completion

More changes ahead as 11th Street span enters final stages

Washington

When the District began rebuilding one of the main routes across the Anacostia River, project managers set about making a lot of changes within a relatively small section of riverfront. During the past year, some of those changes had a great effect on long-distance commuters and the nearby neighborhoods. More changes are coming in 2013:

New Ramps

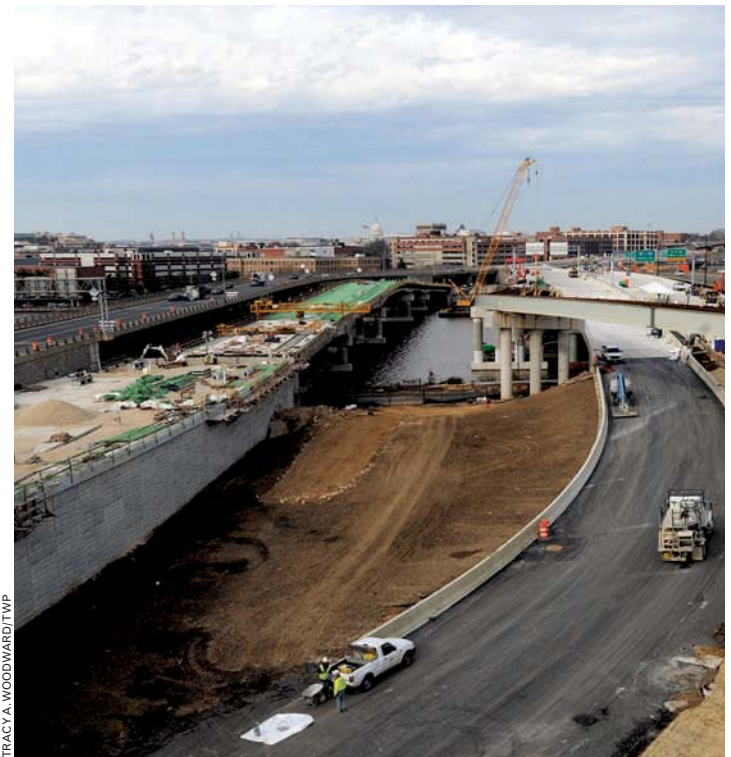
The 11th Street Bridge now consists of three spans, two that primarily serve long-distance travelers and a third designed mainly to handle local traffic. Around the end of the month, two new ramps are scheduled to open, creating new connections with the local bridge.

One ramp will lead drivers from southbound D.C. 295 along a curvy ramp up to a traffic signal on the local span, the southernmost of the three. From the traffic signal, drivers will be able to turn right and cross the river toward Capitol Hill, or turn left toward the Anacostia neighborhood.

The other ramp will take drivers from that local bridge intersection onto northbound D.C. 295.

SE Freeway Detour

Reconstruction of the bridge is part of the overall plan to improve the Anacostia waterfront, reor-



TRACY A. WOODWARD/TWP

The 11th Street Bridge across the Anacostia has been under construction since 2011.

dering traffic patterns and creating new ways of getting around the area.

A lot of the rubble being created by demolition of the old 11th Street Bridge is going into fill that is raising up a now-closed portion of the Southeast Freeway, which will be re-created as a boulevard.

The closing isn't a problem for commuters who now have access to the new freeway spans, but it does affect soccer fans whose route to RFK Stadium includes I-395. Throughout D.C. United's season, they will need to find another route to and from RFK's Lot 8.

Completing Local Span

In late May or early June, project managers hope to put the local span in its final configuration.

Right now, the span has two lanes heading toward the Capitol Hill side and one toward the Anacostia side. When complete, the span will have two lanes in each direction.

The span will have a 16-foot-wide sidewalk on the downstream side. Walkers and bikers will have access to several scenic overlooks under construction in the middle of the span. **ROBERT THOMSON**

(THE WASHINGTON POST)

Metro to Hold 3 Open Houses for Silver Line

Transportation

With the Silver Line scheduled to open later this year, riders may have a few questions about what this actually means for Metro.

The transit agency plans to host a trio of open houses this week in Virginia and Maryland so people can

view information, talk with Metro representatives and learn about changes to rail and bus service.

The open houses will be:

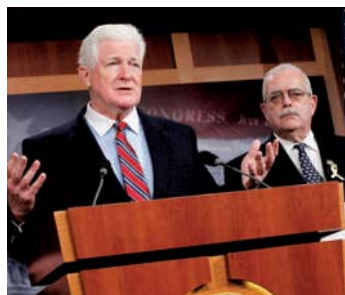
► Tuesday from 5 to 8 p.m. at Faith Temple No. 2 Baptist Church, 211 Maryland Park Drive, Capitol Heights, Md., near the Capitol Heights Metro station.

► Thursday from 5 to 8 p.m. at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston, Va.

► Saturday from 11 a.m. to 4 p.m. at Sheraton Crystal City Hotel, 1800 Jefferson Davis Hwy., Arlington, near the Crystal City Metro station.

MARK BERMAN (THE WASHINGTON POST)

In Brief



Reps. Jim Moran, left, and Gerry Connolly urged a study on extending Metro.

CENTREVILLE, VA

Va. Congressmen Call for Metro Expansion Study

Two northern Virginia congressmen want to study the possibility of extending the Metro transit system to Centreville in western Fairfax County and Woodbridge in Prince William County. Democratic Reps. Gerry Connolly and Jim Moran say population growth in both counties and the expansion of Fort Belvoir will make additional transit options essential for the region. There's no timetable for completing the study, and it's not clear how much an expansion would cost. (AP)

WASHINGTON

D.C. Teacher Charged With Making Child Porn

D.C. public school teacher John Solano, 29, was arrested Friday afternoon on a charge of production of child pornography. Police officials said Solano, a science teacher at McKinley Technology High School, electronically sent explicit photos of himself to male students. D.C. school officials said that Solano, who joined the school system in August 2007, was placed on administrative leave. (TWP)

The Lotteries

Sunday, March 10

District

Mid-day Lucky Numbers 4-7-9
Mid-day DC 4 9-5-9-6
D.C. Five (Sun.) 1-1-4-6-0

Maryland

Mid-day Pick 3 1-5-6
Mid-day Pick 4 9-9-3-1

Virginia

Mid-day Pick 3 7-6-7
Mid-day Pick 4 5-9-6-6
Mid-day Cash 5 1-12-16-32-33

Unlicensed and Unmonitored

Day-care death spurs Va. mom to fight for stronger standards

Shenandoah, Va.

Elly Lafkin received the phone call that all parents dread on the morning of May 17. Sobbing incomprehensibly, her infant daughter's caregiver told her to rush to Rockingham Memorial Hospital in Harrisonburg, Va.

Shortly after, doctors called Camden Lafkin's death, the cause of which is still under investigation.

Investigators told Lafkin that marijuana and methamphetamines were found in the caregiver's home, an unlicensed, unmonitored, and unregulated — but perfectly legal — family day care.

Low standards

Virginia is one of only eight states that allow family providers to care for up to six unrelated children without a license.

Providers are not required to pass background checks or get training on health, safety, safe sleeping practices or child development. No one inspects their sites for safety or quality.

The standards are so low that Alexandria, Fairfax and Arlington counties imposed stricter rules of their own.

But parents in the rest of the state are largely on their own.

A search for care

In rural Shenandoah, Lafkin's options were slim. She toured the only three licensed and accredited child-care centers within a 35-mile radius, but the commute, \$150-a-week cost, long waiting lists and strict closing times made those options unworkable.

Two friends recommended a grandmother who'd cared for children in her home for more than a decade. The Lafkins ran a background check of state court records — they found only minor traf-



Elly Lafkin has not changed a thing in her daughter's nursery since she died while in the care of an unregulated Virginia provider.

400,000

The number of children in Virginia — half of all children under age 12 estimated to be in child care — are in unregulated settings, said Sharon Veatch, executive director of Child Care Aware of Virginia, an advocacy organization.

Where We Rank

Virginia law requires a background check of state police records and the child abuse registry for licensed caregivers only. Even then, it doesn't require a federal fingerprint check or a check of the sex offender registry before granting a license. Child Care Aware of America has ranked the state at the bottom nationally for safety and quality of family day care.

Maryland and D.C. rank in Child Care Aware's top 10 for family care standards.

fic violations — and interviewed the woman twice before agreeing to pay her \$85 a week to care for Camden.

After Camden's death, Lafkin paid for a thorough background search using the caregiver's Social Security number and found five other names with a host of civil

and criminal charges, including a felony charge for embezzlement.

Stricter rules

What Lafkin wants is what the American Academy of Pediatrics recommends: training in health, safety and child development, licensing, background checks and

regular inspections for settings where children are cared for by anyone other than a close relative.

In January, Lafkin met with Virginia lawmakers to press her case.

She didn't get far with Sen. Steve Martin, a Republican from Chesterfield who chairs the education and health committee.

"He just said, 'I would never put my children or children with someone I personally didn't know,'" Lafkin said. "I'm glad he's able to do that. That's just not possible for most people."

The last substantive change in Virginia's child-care standards, advocates said, came nearly 20 years ago when lawmakers agreed that family home caregivers could voluntarily register with the state, which requires a background check and some monitoring.

BRIGID SCHULTE (THE WASHINGTON POST)

"We require someone who does your fingernails, cuts your hair or gives you a massage to go through hours of training, to supervise their experience and demonstrate their skills. They all have to be licensed. Yet we don't require any of that for child-care providers. ... We require more from a dog groomer. That's a tragedy."

— SHARON VEATCH, EXECUTIVE DIRECTOR OF CHILD CARE AWARE OF VIRGINIA, ON THE STATE'S LAX RULES FOR FAMILY PROVIDERS

Still Time to Get In on the Stock Boom

The economic surge has people curious about investing again

Personal Finance

Is it too late?

The Dow Jones closed at an all-time high last week, beating the previous record it set in 2007, before the financial crisis and Great Recession. If you've stayed out of stocks recently, you might be worried that you've missed your chance to get back in.

The good news is that stocks still seem a good bet despite the run-up. The bad news: They're no bargain, at least by some measures, so don't get too excited. Among reasons to consider stocks again:

A Stronger Economy

There are no signs of a recession. And that's encouraging for stocks, which almost always fall ahead of an economic downturn.

Better yet, the economy may be on the verge of faster growth. The Labor Department announced Friday that the unemployment rate

in February dipped from 7.9 percent to 7.7 percent, its lowest level since December 2008. And there has been a flurry of other hopeful signs lately. Homebuilders broke ground on new homes last year at the fastest pace in four years. Auto sales are at a five-year high.

But history offers a few caveats:

First, if you look at the 11 expansions back to World War II, instead of the past three, they last 59 months on average. By that measure, the current expansion is middle-aged.

Second, investing based on U.S. economic expansions may not work as well as in the past. Big U.S. companies generate nearly half their revenue from overseas. The 17 European countries that use the euro as a currency have been in recession for more than a year. If the worst is over for these countries, U.S. stocks could continue rising. If the growth drags, stocks could fall.

Third, earnings forecasts are often too high. In the past 15 years, analysts' annual earnings forecasts were an average 10 percent too high, according to FactSet. Last year, they overestimated by 4 percent.



SPENCER PLATT/GETTY IMAGES

Reasonable Stocks

Investors like to use price-earnings ratios to decide whether to buy or sell. Low ratios signal that stocks are cheap relative to a company's earnings; high ones signal they are expensive.

Right now the ratios are neither low nor high, suggesting stocks are reasonably priced.

It's important, though, to think of the ratios as a rough guide at best. Stocks can trade above or below their average P/Es for years.

Optimistic Investors

A new love of stocks could prove a powerful force pushing prices up. In fact, it can push them up even if earnings don't increase.

As stocks have surged over the past four years, individual investors have been selling, which is nearly unprecedented in a bull market. But they may be having second thoughts.

In January, they put nearly \$20 billion more into U.S. stock mutual funds than they took out,

according to the Investment Company Institute, a trade group for funds.

Some financial analysts say we are at the start of a "Great Rotation." That would mean investors shifting money into stocks from bonds. If that happens, stocks could soar. It's too soon to say if the buying will continue.

Low Interest Rates

Interest rates are near record lows. That's good for stocks because it lowers borrowing costs for companies and makes bonds, which compete with stocks for investor money, less appealing.

Today, the yield on the 30-year Treasury bond is 3.2 percent. The yield on the 10-year Treasury note is 2.05 percent, less than half its 20-year average of 4.7 percent.

It could be years before rates even return to that average level.

The Fed has promised to keep the benchmark rate it controls near zero until unemployment falls to 6.5 percent. Unemployment today is 7.7 percent. BERNARD CONDON (AP)

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'Are We There Yet?'

For all of Metro's weekend work, riders wonder where the progress is

Washington

Metro has been shutting down major portions of its five lines and some stations nearly every weekend for more than two years, part of a \$5 billion effort to fix the deteriorating rail system. But the rebuilding program has left the system's riders — who take an average of 566,000 trips each weekend — frustrated as they face complex routes and endure long waits for trains.

On most weekends, train riders must get off a subway line, board Metro buses that shuttle them between closed rail stations and then get back on a train to get to their destinations. Some lines have 20-minute delays as trains share a track so crews can do a range of work, from pulling out old sections of rail and installing new ones to fixing fasteners and replacing wooden cross ties.

Waiters, cooks, security guards and retail clerks scramble to make it to work on time, having to factor in as much as an extra hour to traverse the region. Shoppers opt to go by car. Trains sometimes come so infrequently that tourists end up confused.

Shane Mallory of Southeast, for example, tried to get to her mother's house on trains and buses Saturday morning with her two nephews.

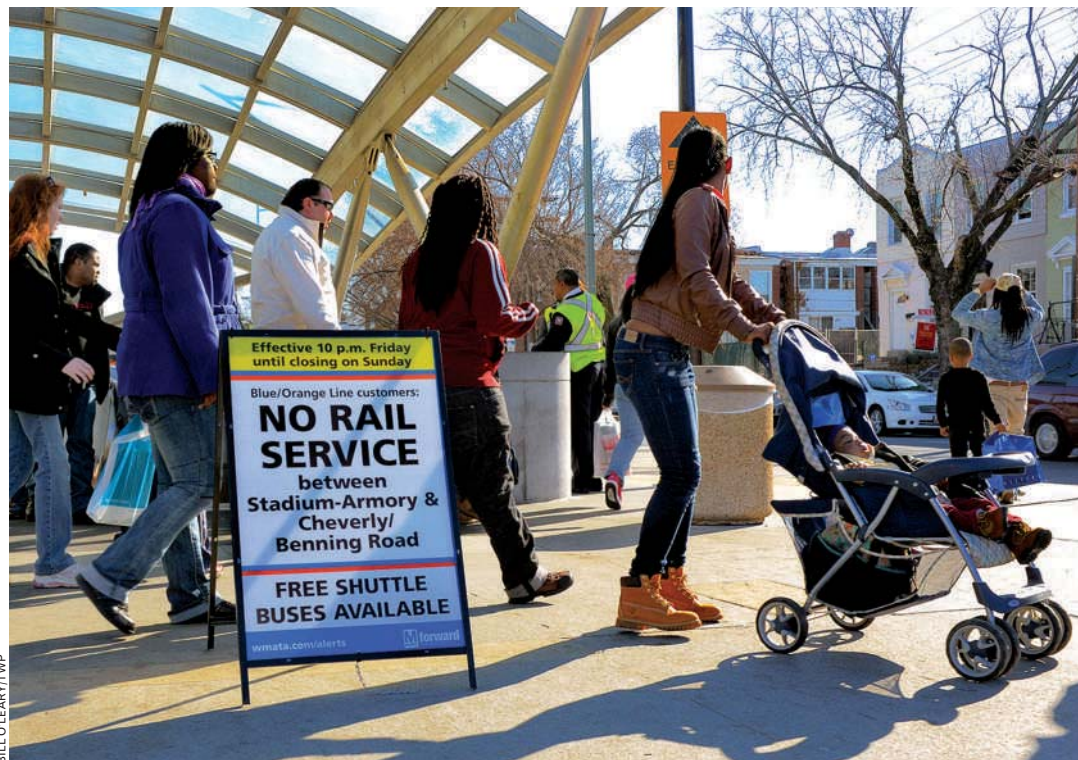
"Are we there yet?" asked Robert, 6, as they rode a shuttle bus to Cheverly, Md.

Mallory, who does not have a car and uses public transportation daily, patiently answered him.

"Not quite," she said. The 15-mile trip along the Green and Orange lines took nearly three hours.

"It's inconvenient. It's terrible," Mallory said. "We pay more and more and it seems like the system is never fixed. There's always something going on."

On Thursday, the finance com-



Metro riders head for shuttle buses Saturday at Stadium-Armory in D.C. as weekend closures for track work snarled travel.

mittee of Metro's board of directors is expected to discuss the transit agency's coffers and the weekend shutdowns and their impact on riders, important topics as the board prepares for the next budget cycle this spring.

Metro officials said they understand that the weekend shutdowns can be a major inconvenience, but they argue that the work is crucial to rebuilding an ailing rail system that must meet national safety standards and is nearing its capacity

-6%

Overall, Metro rail ridership from July to December was down 6 percent to 101.8 million trips, compared to the same period in 2011. Weekend rail ridership is down 9 percent to 13.4 million trips. Rail ridership at weekday rush hours is down 3 percent. Those drops, combined with a decline in bus ridership and lower parking fees, mean Metro's revenue is \$20.2 million below what was budgeted. The agency also might lose \$12 million in revenue if federal workers are furloughed in coming months. (TWP)

of nearly 1 million rider trips each weekday.

"We went through 35 years without paying much time or attention to renewing the Metro sys-

tem," said Rich Bradley, head of the Downtown Improvement District. "Now they're playing a massive game of catch up. The consequences are there are going to be

A Long Journey To Mom's House



For Shane Mallory and her nephews on Saturday, the fact that Metro crews were working on all five lines in the system meant an arduous 15-mile trip. (TWP)

► At 7:45 a.m., Mallory and her two nephews — ages 4 and 6 — got on a Green Line train at the **Anacostia** station.

► They transferred at **L'Enfant Plaza** to an Orange Line train toward New Carrollton.

► Two stations along the line were closed, so they had to get off at **Stadium-Armory**, where a shuttle bus drove them to the **Cheverly** stop.

► They boarded an Orange Line train and went two more stops to **New Carrollton**. A 10-minute bus ride took them to her mother's house.

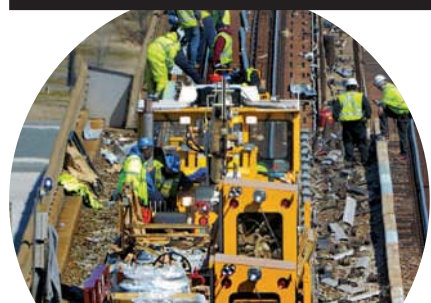
► Time elapsed: **nearly 3 hours**

disruptions for riders."

The weekend disruptions come as Metro is experiencing a drop in ridership. Officials attribute 2012's drop to the nearly two days it was closed because of Superstorm Sandy and the extra federal holiday given to federal workers on Christmas Eve.

Metro also said riders were hit by a temporary drop in federal transit benefits and an across-the-board fare hike last summer, and some riders are avoiding the system when there's weekend track work.

DANA HEDGPETH (THE WASHINGTON POST)



Four More Years?

Metro General Manager Richard Sarles has pushed for a more aggressive approach to weekend track work, calling for construction almost every weekend on all five rail lines during the past two years. Metro said it is making progress, having replaced 12 miles of rail and 36,000 fasteners while also fixing leaks and platforms. The transit agency has stopped doing track work during the middle of weekdays, but officials warn riders that there will still be four more years of intensive weekend and overnight track work. "You can't do the amount of work we have to do in a short time," said Rob Troup, acting deputy general manager for rail operations. (TWP)



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The New York Rangers scored two goals 41 seconds apart Sunday in the second period and went on to defeat the Washington Capitals 4-1 at Verizon Center.

Caps Suffer Punishing Loss

Ovechkin's penalties help lead to a pair of goals by the Rangers

Capitals

About two hours before the opening faceoff, Alex Ovechkin asked for more respect from the refs. His day went downhill from there. The two-time league MVP was directly responsible for three of the New York Rangers' goals, including a pair after a rare sequence in which he was cited for two penalties within seconds of each other without a stoppage in play. Derek Stepan, Brian Boyle and Ryan Callahan took advantage of Ovechkin's miscues Sunday to lead the Rangers to a 4-1 win over the Washington Capitals.

Steve Oleksy scored his first NHL goal for the Capitals, who endured a rough weekend against teams named New York. Washington lost



4 | 1



5-2 on the road against the Islanders on Saturday, a game in which Mike Ribeiro and Jeff Schultz each took double-minors in a span of less than four minutes in the third period, leading to two Islanders goals. One of Ribeiro's minors was for unsportsmanlike conduct, and Ovechkin said before Sunday's game that "some refs don't like some personalities on our team" and are too quick to call a penalty when they hear a complaint. "You have to respect us," Ovechkin said. "We're emotional; we're in the game. When we say something bad to linesmen or bad to referees, we can't give them two minutes when they yell at me."

It's worth noting, however, that the rare double-call against Ovechkin a few hours later had nothing to do with yelling at an official. He

It's Killing the Caps
Over the weekend, penalties hurt the Caps in both of their losses. Washington has the second-worst penalty kill in the NHL and has allowed more power-play goals than any team in the league.

Team	TS	PPGA	PK%
26. Predators	84	19	77.4
27. Ducks	79	18	77.2
28. Jets	77	18	76.6
29. Capitals	94	23	75.5
30. Panthers	80	21	73.8

tripped Callahan, and then, with the call delayed while New York was pulling the goalie, he dragged down Ryan McDonagh from the side for a holding call. "I know I trip him, the first one ... but I don't know where he finds the second one," Ovechkin said. "But it cost us the game."

Referees Dean Morton and Marc Joannette both had arms

raised because of Ovechkin. As played continued, Boyle scored his first goal of the season to make the score 2-1 before Ovechkin's first penalty could be assessed. Ovechkin then went to the box to serve the second infraction, and he watched the score become 3-1 just 41 seconds later, when Rick Nash's one-timer from the right circle grazed Callahan's right leg on the way to the net. The sequence led to the inevitable question: Did the referees' calls against Ovechkin have anything to do with his pregame comments? "I mean, they're human beings, right?" coach Adam Oates answered. Ovechkin also whiffed on a neutral zone hit on Stepan that allowed the Rangers center to score in the first period. Stepan kept skating, giving New York a numbers advantage, and he took the puck past the goal line and banked in his shot off the back of goaltender Braden Holtby's right skate. JOSEPH WHITE (AP)

In Brief



Liberty opened the season 0-8 but won the Big South Conference tournament.

COLLEGE HOOPS
Liberty Earns NCAA Berth With a 15-20 Record
Liberty defeated Charleston Southern 87-76 to win the Big South Conference tournament and reach the NCAA tournament with a 15-20 record. The Flames opened the season 0-8, but Liberty got hot at the right time to gain their first NCAA trip since 2004. The Flames' .429 winning percentage is the lowest for an NCAA tournament team since Oakland (Michigan) had a 12-18 record (.400) in 2005. (AP)

COLLEGE HOOPS
George Mason Falls After Getting Off to Huge Lead
Jonathan Lee scored 14 points, including a layup with 3 seconds remaining, as top-seeded Northeastern defeated George Mason 69-67 on Sunday in the CAA semifinals after trailing by 24 points before halftime. The Patriots (18-14) scored the first 13 points and led 28-4 with 4:41 left until halftime, but Northeastern got to within 31-19 at the break. (AP)

TV Lineup

NBA(8:30 P.M., NBATV) The top two teams in the West — the Spurs and Thunder — face off in San Antonio. The Spurs, who are coming off a 30-point loss, have only a one-game lead over Oklahoma City.
COLLEGE HOOPS (9 P.M., ESPN) No. 1 Gonzaga has two wins over Saint Mary's this year and will go for its third in the WCC tournament final.

Sports



BIG EAST HONORS

It's Unanimous

Georgetown sophomore forward **Otto Porter Jr.** was the lone unanimous selection to the All-Big East first team, which was chosen by the conference's coaches and was announced Sunday. Porter's selection to the first team marks the fourth-straight year a Georgetown player has been named to that team, following Greg Monroe, Austin Freeman and Jason Clark. Here are the rest of the Big East honors. (AP)

FIRST TEAM

Shabazz Napier, Connecticut, G, Jr.
Otto Porter, Jr., Georgetown, F, So.
 Gorgui Dieng, Louisville, C, Jr.
 Russ Smith, Louisville, G, Jr.
 Jack Cooley, Notre Dame, F, Sr.
 Bryce Cotton, Providence, G, Jr.

SECOND TEAM

Sean Kilpatrick, Cincinnati, G, Jr.
 Vander Blue, Marquette, G, Sr.
 Jerian Grant, Notre Dame, G, Jr.
 M. Carter-Williams, Syracuse, G, So.
 C.J. Fair, Syracuse, F, Jr.

THIRD TEAM

Markel Starks, Georgetown, G, Jr.
 Peyton Siva, Louisville, G, Sr.
 Tray Woodall, Pittsburgh, G, Sr.
 Brandon Triche, Syracuse, G, Sr.
 JayVaughn Pinkston, Villanova, F, So.

ALL-ROOKIE TEAM

Omar Calhoun, Connecticut, G
D'Vauntes Smith-Rivera, G'town, G
 Steven Adams, Pittsburgh, C
 Chris Obekpa, St. John's, C
 JaKarr Sampson, St. John's, F
 Ryan Arcidiacono, Villanova, G

U.S. Fights Off Elimination

Americans advance to second round with victory over Canada

World Baseball Classic

Adam Jones doubled in the tying and go-ahead runs in the eighth inning, Eric Hosmer hit a three-run double in the ninth and the United States beat Canada 9-4 on Sunday to advance to the second round of the World Baseball Classic.

Down to their last several outs, the U.S. trailed 3-2 after seven innings before breaking loose. Team USA and Italy advanced in Group D while Canada and Mexico were eliminated.

Jones and Hosmer both had a rough week at the plate but came through with the United States on the brink of what would have been a humbling loss. Jones' hit was his second in nine at-bats. Hosmer was 3-for-13.

Gold Glove second baseman Brandon Phillips contributed, too, making a diving stop to prevent Canada from tying it in the eighth.

Heath Bell pitched a scoreless



U.S. outfielder Adam Jones went 1-for-3 with three RBIs and a run on Sunday.

Group D Results

Team USA and Italy advanced to the second round out of Group D.

- Thursday: Italy 6, Mexico 5
- Friday: Italy 14, Canada 4
- Friday: Mexico 3, U.S. 2
- Saturday: Canada 10, Mexico 3
- Saturday: U.S. 6, Italy 2
- Sunday: U.S. 9, Canada 4

seventh to get the victory for manager Joe Torre's team. Jimmy Henderson took the loss.

Canada's Michael Saunders, of the Seattle Mariners, hit a two-run homer off starter Derek Holland and was chosen the Group D MVP, going 8-for-11 in the tournament.

The United States finished group play tied with Italy at 2-1 but gets the No. 1 seed because of its 6-2 win over Italy. The U.S. meets the loser of Sunday's Dominican Republic-Puerto Rico game Tuesday in Miami.

David Wright, whose grand slam lifted the U.S. past Italy on Saturday night, doubled and walked three times. Ben Zobrist had three hits, none of which left the infield. BOB BAUM (AP)

Woods Wins Another World Championship

Golf

Tiger Woods is hitting his stride on a march to the Masters.

Woods had full control of his game Sunday and never let anyone get closer than three shots until he had locked up his 17th World Golf Championship title. With a conservative bogey on the final hole, he closed with a 1-under 71 to win the Cadillac Championship.

For the first time in five years, Woods has two wins before the Masters.

It was one year ago at Doral that Woods withdrew after 11 holes in the final round because of tightness

in his left Achilles tendon, creating uncertainty about his health and whether he could ever get his game back.

Woods has won five times in the past year, the most of anyone in the world, and he can return to No. 1 with a win at Bay Hill in two weeks.

He won by two shots over Steve Stricker, who might want to claim a share of this trophy.

Stricker spent 45 minutes on the putting green with Woods on the eve of the tournament, helping him with his posture over putts. Woods made 27 birdies this week, one short of his personal best on the PGA Tour.

"Thank you to Steve for the



Tiger Woods shot a 1-under 71 on Sunday to win the Cadillac Championship.

putting lesson," Woods said at the trophy presentation. "It was one of those weeks where I felt pretty good about how I was playing, made a few putts and got it rolling."

Stricker, playing a part-time schedule, picked up his second runner-up finish in just three starts. He closed with a 68 and had no regrets about offering Woods some help.

"At times you kick yourself," Stricker said with a laugh. "He's a good friend. We talk a lot about putting. It's good to see him playing well."

The Masters is a month away, and Woods is sure to be the favorite. DOUG FERGUSON (AP)

ahead



She Gives a Hoot
Land manager Tabby Figue and Ranger the owl bring nature into schools. **E9**

Growth in Green



Local MBA programs are betting that the future of business is in sustainability. **E3**

THINKSTOCK/EXPRESS ILLUSTRATION



Chemistry is important. It doesn't mean you hire people who are exactly the same as everyone else on the team. They have to be complementary and add the right mix."

— **MIKE CORKERY**,
CHIEF EXECUTIVE OF DELTEK,
ON ASSEMBLING A STRONG TEAM

PAGE E2



180M

The number of unwanted text messages that the Federal Trade Commission has charged 29 people with sending in separate campaigns promising consumers free gift cards. (TWP)

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top of the ladder

Mike Corkery

Chief executive of Deltek, a Herndon, Va., company that provides software and information solutions for professional services firms and government contractors

CORKERY HAS LED financial operations at various telecom companies, including AT&T and Nextel during its merger with Sprint. As chief financial officer at Deltek, he led the company through three acquisitions in nine months and will now lead as chief executive. (Deltek provides content for Capital Business.)

How have you grown as a leader over the years?

It was the late '80s and early '90s when I first started managing people in public

accounting. I'm a much better listener than I was then.

Everyone on your team is not you. Everyone has a different way of succeeding. The best leaders find ways to put really good people in positions to succeed — and succeed their way, not your way. You have to listen and observe to do that.

You say that one of your greatest strengths is assembling good teams. What's your secret?

Chemistry is important. It doesn't mean you hire people who are exactly the same as everyone else on the team. They have to be complementary and add the right mix. You have to create different dynamics that allow the team to be as effective as possible.

Anything else?

Know what you're looking for so when you see it, you'll know. If you don't, you may see it and not realize it.



COURTESY DELTEK

"Everyone has a different way of succeeding. The best leaders find ways to put really good people in positions to succeed."

How did you manage three acquisitions in nine months?

There was a mantra we had internally, "Progress over precision." Know what's important. Know the value drivers that will make the acquisitions succeed. Know them, choose them, make progress against them.

If you're buying a company, there's a lot of things you can be focused on. You can be focused on changing the signage on the building and swapping everyone's business cards, or I can focus on things that will be valuable in the eyes of our customers. Those are the things we would prioritize and be laser-focused on. The rest of the unimportant stuff, we'll have time to take care of that. The things that are critical, that will make an acquired company integrate the right way and make us successful and have us achieve our objectives — whatever those two, three or four things are, stay manically focused on those. **VANESSA SMALL (THE WASHINGTON POST)**

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ahead



Josh Kaplan is enrolled in the master's in sustainability management program at American University.

How Green Is My Corporation

Businesses clamor for MBA grads with sustainable skills

Degrees

Businesses have a green obsession these days, and it has nothing to do with money.

So many companies are setting their sights on becoming "greener" — i.e. making sure what they do has minimal harm on the environment — that business schools in the D.C. area have created master's programs to prepare students to meet these new needs.

"It's demand driven from companies," says Jorge Rivera, an associate professor who teaches envi-

ronmental management courses at George Washington University's School of Business, "and from students who want to learn about these things so they understand these challenges."

Last fall, American University's Kogod School of Business responded to that demand by launching a new program: a Master of Science in sustainability management (Tinyurl.com/csemfsg).

Students jumped at the opportunity. "I was really drawn to this idea that the next frontier of sustainability was in business, where you don't traditionally see it as much," says Josh Kaplan, 23, a part-time student in the new AU program.

While AU's program is based in the business school, students

"Business has changed. The trend is towards a much greater level of responsibility."

— DAN JACOBS, DIRECTOR OF THE NEW SUSTAINABILITY MASTER'S PROGRAM IN AMERICAN'S BUSINESS SCHOOL

take classes in the College of Arts and Sciences, the School of Public Affairs and the School of International Service, too. It's the only program in the country quite like that, program director Dan Jacobs says.

Kaplan predicts it may not be the only one for long.

"I think, as the area becomes

Continued on page E4

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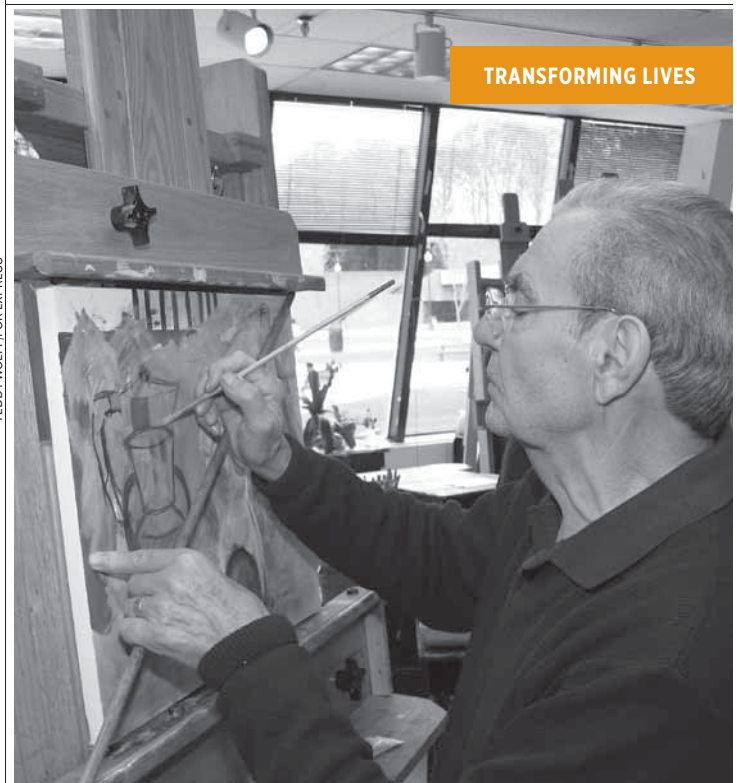
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ahead

Green Business

Continued from page E3

more defined, other schools will want graduates who can compete with people who have this sort of training," says Kaplan, whose full-time job is in AU's Office of Sustainability as its sustainability outreach specialist.

"It will become less of a special kind of field," he says.

When teaching sustainability, business schools focus on what they call the "triple bottom line" — ensuring that a business is envi-

ronmentally, economically and socially sustainable. It's a term increasingly heard in boardrooms around the country.

"Business has changed," program director Jacobs says. "The trend is towards a much greater level of responsibility and interest in sustainability."

But even if business leaders want to be environmentally friendly, that doesn't mean they want to hire a bunch of environmental scientists, Jacobs says. "They're looking to staff their companies with people educated in business

Green-Age Dream

To find the latest green dream jobs across the country, GW professor Jorge Rivera recommends students visit Sustainablebusiness.com.

schools," he says.

Much of the demand for this new type of student comes from changing laws.

For example, climate change regulations are being implemented in Europe and California, and

companies in those places need compliance officers to ensure they're in line.

In the past, companies would have hired engineers or lawyers who focus on compliance and the technical aspects of environmental protection. The new trend is toward hiring MBA grads with environmental know-how, says GW's Rivera.

"You bring in an MBA who focuses on the opportunities of protecting the environment," he says. "This is the person who is going to identify where there is a

'win-win' option that the companies can use."

AU's inaugural class of 28 students began last August; those who are attending full time will graduate in May 2014. The interdisciplinary course curriculum includes environmental science, global environmental politics, finance and marketing.

The majority of students in AU's program attend full time, Jacobs says. Many arrive with some background in environmental sustainability, but the program has its fair share of career-changers as well.

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"This kind of degree is a really great investment," Kaplan says. In his favorite class so far, he studied urban planning and sustainability and focused on LEED (Leadership in Energy and Environmental Design) building certification. The class visited the embassy of Finland, one of the few LEED-certified embassies in D.C.

Kaplan says his dream job would be advising companies on ways to be more environmentally, economically and socially sustainable.

"I think that this degree program would really equip me to be able to do that within a large organization or in the private sector," he says.

"All of the tools that you learn from these classes you can actually carry to any type of job."

— EUGENIA GREGORIO, AN MBA STUDENT AT GW FOCUSING ON CORPORATE SOCIAL RESPONSIBILITY

Kaplan's choice of job position — often called a sustainability officer — is one of the more common career paths in the field. But environmental sustainability-focused business degrees are applicable in a variety of new business fields.

In particular, there's a lot going on in the organic food industry. It's been growing by 20 percent annually over the past 15 years, Rivera says. And the field of green entrepreneurship — new companies dedicated to helping other companies become more sustainable — is burgeoning.

Of course, the most stereotypical career path for MBA students is in finance, and there are finance jobs for MBAs with a sustainability bent. A new, greener trend is sprouting in the financial field — socially responsible investing. Investment firms such as Fidelity and Vanguard offer special funds that only invest in businesses with environmentally friendly or socially responsible practices.

A Tour de Course

Tourism is another field where sustainability principles are being applied today.

George Washington University's School of Business offers a master of tourism administration (Business.gwu.edu/mta), in which students can focus in such areas as sustainable tourism destination management. GW offers a professional certificate in this concentration as well.

Master's students learn about the benefits tourism can have for host countries' economies, while studying how to minimize the negative impact from tourism and how to preserve cultural and natural resources, says Kristin Lamoureux, director of GW's International Institute for Tourism Studies.

Students are taught by professionals working in the tourism industry, and internships in the field are required.

Graduates have landed jobs at the World Wildlife Fund, the National Park Service's Office of Tourism, large hospitality institutions and international



development consulting firms, Lamoureux says.

The program has attracted quite a few former Peace Corps volunteers who want to pursue a degree in sustainable tourism management. They've seen that tourism is a way to achieve sustainable development, Lamoureux says.

"[The degree] is theoretical but it's also very practical in how tourism can be implemented in the world," she says. "Particularly in developing countries." R.K.

"[Firms] pay a lot of attention to the environmental and social responsibility issues," Rivera says. "They need MBAs who know about environmental management to know where to invest."

Eugenia Gregorio, 33, says she's discovered her sustainability degree can lead to more jobs than she thought possible.

The part-time student at George Washington University's School of Business (Business.gwu.edu) is working toward an MBA with a focus on corporate social responsibility and environmental stewardship.

"The really cool thing is all of the tools that you learn from these classes you can actually carry to any type of job," she says.

Gregorio should know. She already works full time as the sustainability manager for the Tower Companies (Towercompanies.com), an eco-friendly real-

estate developer. But she believes this degree will open even more doors.

"It doesn't have to be a sustainability manager position," she says. "If you're in an accounting department or development department or marketing department, all of those departments kind of touch on corporate social responsibility and sustainability."

The numbers show that plenty of students agree.

At GW, about 15 percent of the more than 1,100 MBA students pursue the environmental management and sustainability concentration, says Liesl Riddle, associate dean for graduate programs in GW's School of Business.

They're preparing for a business world in which going green is more valuable than ever before. As Gregorio says, "It just really seems to be a critical element to doing business." REBECCA KERN (FOR EXPRESS)

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Exercise classes, such as this grueling, post-work boot camp held on the lawn of its headquarters, help Discovery Communications employees earn “steps” in a 16-week, company-wide wellness competition.

A Little Healthy Competition

Corporate wellness programs increasingly rely on rivalries and team challenges

Workplace Trends

During a doctor’s appointment last year, Sal Alvarez got some discouraging news. His cholesterol had ticked up, his blood pressure was higher, and his physician wanted to put him on more medicine to

control those conditions.

Those results made Alvarez determined to get his health on track. He turned to a wellness program offered by his employer, Discovery Communications.

Each year, the Silver Spring-based company holds a voluntary, 16-week competition in which participants divide into teams and vie to walk the most steps. They use an online platform called Global Corporate Challenge to log their progress and compare it to rivals’

“Corporations are networks of people, and we find that networks of people actually move and change together.”

— CHRIS BOYCE, CHIEF EXECUTIVE OF VIRGIN HEALTHMILES, A COMPANY THAT PROVIDES SOCIALLY FOCUSED CORPORATE WELLNESS PROGRAMS

numbers. Even if participants swim or bike instead of walk, the system will calculate how many steps those activities are worth.

Alvarez, a service desk analyst, said he quickly found the format motivating.

“There’s sort of like a peer pressure and a competitive edge to it,” Alvarez said.

This approach, often called the “gamification” of wellness, has become a central component of many corporate wellness strat-

egies. It’s yet another attempt to curb employers’ rising health care costs. The trend has been facilitated by online platforms that make it easy to track performance.

Discovery’s most recent challenge drew 369 teams comprising nearly 2,600 workers, says Adria Alpert Romm, the company’s senior executive vice president of human resources.

Throughout the program, the cable television giant tried to keep the competitive spirit high. They

even provided employees with teasing, prewritten e-cards they could send one other.

“16 weeks too much of a commitment? What are you, a Kar-dashian?” one email chided.

Participants lost an average of 8 pounds each, according to Discovery.

Five months after the challenge ended, Alvarez continues to attend the boot camp-style fitness classes at Discovery that he started as part of the competition.

He’s so committed to the classes, he says, “I’ve had to push my wife’s birthday [celebration] to another day or later in the evening, because it’s that important.”

Last Wednesday, he and his colleagues braved the cold evening air and gusty wind for an hour of running, weight lifting and stretching.

“It isn’t something that you dread. I look forward to it because the guy keeps you motivated,” Alvarez said.

To date, Alvarez has lost 42 pounds and says his cholesterol has dropped significantly.

His employer’s wellness competition, he said, was the “perfect launching pad” for his transformation.

‘Accountability Element’

Capital One, the McLean-based financial giant, is another firm that has incorporated a competition into a broader wellness strategy.

“We just wanted something that



The employees who competed in the company’s 16-week fitness challenge lost an average of 8 pounds each, Discovery says.

we thought was a little more leading-edge,” said Rob Paczkowski, the company’s director of benefits.

For the eight-week challenge, employees assemble into teams of five to 11 people. Those who choose to participate are given a pedometer to log their steps and access to an online platform provided by Providence, R.I.-based company ShapeUp.

ShapeUp’s tool introduces a Facebook-like social element to the challenge. Workers can vir-

tually high-five a team member who has done great work, or they can issue direct challenges to rival teams for mini contests within the larger competition. For example, one team might challenge another team to walk around the office campus during lunchtime.

Teams compete on three different criteria: number of steps taken, number of exercise minutes logged or percentage of weight lost. The winning team in each category gets a \$50 gift card for each of

its members.

This setup “creates that very social element, that accountability element,” Paczkowski said.

One-third of the company’s global staff participated in last year’s challenge. The average participant lost 7 pounds.

New Twist to Wellness

For years, companies have been using wellness programs to incentivize good habits. In many cases, they offer cash or other rewards to

workers who get a physical, undergo a biometric screening or engage in other preventive measures.

The gamification approach is a new twist that’s growing more common.

45%

The amount of companies that used competition to promote wellness in 2012, according to a survey. That was up from 33 percent the year before. (CAPITAL BUSINESS)

A survey by the National Business Group on Health and Towers Watson found that 45 percent of companies used competitions as part of their approach to wellness in 2012, up from 33 percent the previous year. An additional 15 percent of firms plan to add competitions in 2013.

The same survey found that 19 percent of companies incorporate social media tools into their wellness initiatives, an increase from 12 percent in 2011. Another 17 percent said they plan to add social media tools this year.

Gamification is effective in two key ways, according to its proponents. First, it plays to an employee’s desire to be on top. It’s the same mindset that drives a salesperson to rack up deals or a consultant to fight for new clients. Employers are channeling it to help employees meet health goals.

Continued on page E8



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ahead

Competition

Continued from page E7

Second, because these competitions are team-based, they inherently provide a built-in support system that encourages employees to stick with the program.

“Corporations are networks of people,” said Chris Boyce, the chief executive of Virgin HealthMiles, a company that provides socially focused corporate wellness programs. “And we find that networks of people actually move and change together.”

Business Opportunities

The corporate interest in competition-based wellness programs means more opportunities for firms that build and manage the online platforms that facilitate them.



A corporate fitness challenge helped Sal Alvarez kick off his 42-pound weight loss.

Companies such as RallyOn, Keas, Hubbub Health, ShapeUp and Global Corporate Challenge have models that are rooted in gamification. Virgin Group,

Richard Branson's venture capital organization, has moved into this area with its Virgin HealthMiles company. Aetna offers its members free access to games and apps

from Mindbloom.

At least one local start-up, District-based Cor, has entered the market. The firm, known until November as FitFeud, originally planned to market its competition-focused platform to consumers. The company's chief executive, Nicholas Tolson, said he quickly realized that wasn't the right approach.

While consumers might not shell out money to partake in a fitness challenge, employers often budget for wellness initiatives.

“We would go after the places that sort of have a pot of money set aside and see if we can get a piece of that,” Tolson said.

The firm also decided that competitions alone weren't enough to make the platform engaging, so it added communication tools and education resources to the product.

“There's sort of like a peer pressure and a competitive edge to it.”

— **SAL ALVAREZ**, A SERVICE DESK ANALYST AT DISCOVERY COMMUNICATIONS WHO PARTICIPATED IN THE COMPANY'S VOLUNTARY FITNESS COMPETITION

Currently, Tolson said his firm has five clients that represent 40,000 employees, and plans to try to grow its user base and its offerings further.

“We've all joined a gym and bought a workout DVD and it's gathered dust,” Tolson said. With the social strategy, “we've identified the motivation piece.”

SARAH HALZACK (THE WASHINGTON POST)

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JASON HORNICK/FOR EXPRESS

Tabby Fique pushed Howard County Conservancy to adopt Ranger, a barred owl.

To Protect And Share

A nature-lover is on a mission to teach others to love it, too

Name: Tabby Fique, 31

Salary: \$36,000

Position: Land manager and easement coordinator, of Maryland's Howard County Conservancy (Hcconservancy.org)

What She Does: Despite her impressive title, "If I go into a school, I'm pretty much known as The Owl Lady," Fique says.

In 2010, she spearheaded the Howard County Conservancy's adoption of Ranger, a barred owl who had been injured in the wild. He joins Fique for outreach programs in local schools. "Our favorite part is when I get Ranger out of

the cage, and the kids go 'Ooh' because they're so excited to see him," she says.

Fique also takes care of the other animals at the Conservancy, including four hens, two goats and Torope the diamondback terrapin.

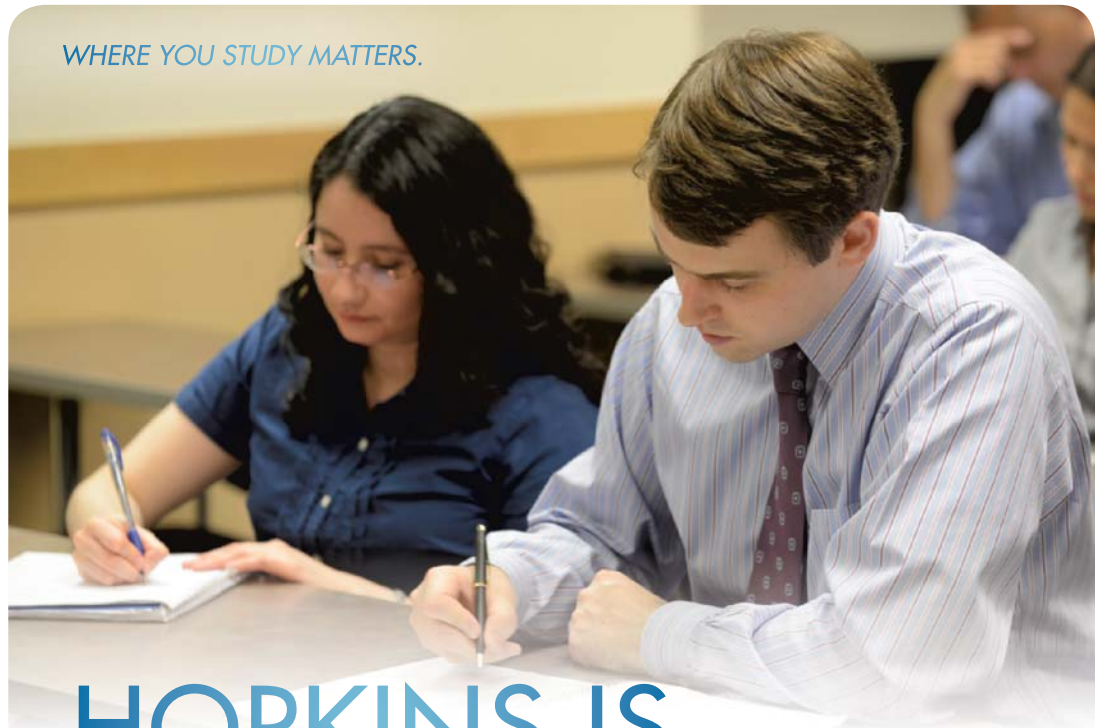
As land manager Fique leads more than 200 volunteers as they clean up fallen trees, restore plantings and remove invasive plants on the Conservancy's 232 acres.

She also helps locals preserve their property by creating easements. "If they don't want their forest to be ripped down," Fique says, "we will write a document that will protect their land in perpetuity."

How She Got The Job: In 2005, Fique was the Conservancy's first-ever summer camp counselor. A year

Continued on page E10

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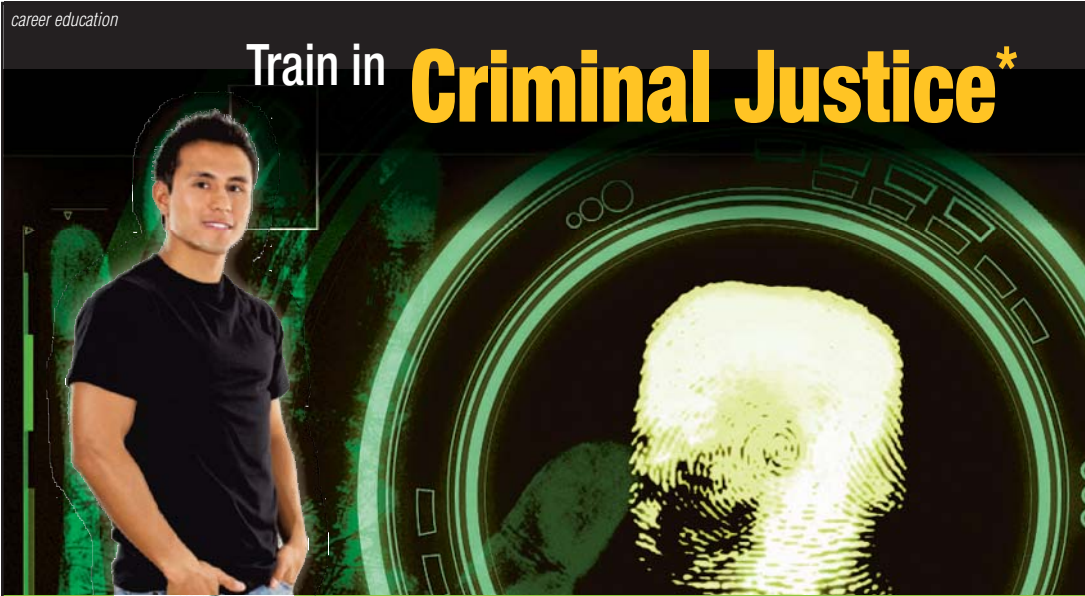
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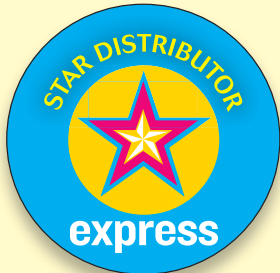


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ahead

Steal This Job

Continued from page E9

Later, she finished her environmental studies degree at the University of Maryland-Baltimore County. "It was wonderful," she says. "We had six to 10 kids every week. Now our summer camps do 40-plus kids a week."

After graduation in 2006, she got a job testing soil on construction sites. "The first day that I saw the machine that, like, eats the trees, I cried," she says. "So I came crawling back."

Fique returned to the Conservancy part time. In 2007, she began working full time as education director. She shifted to the land manager position in 2010.

"Our favorite part is when I get Ranger out of the cage, and the kids go 'Ooh' because they're so excited."

Who Would Want This Job:

Fique says she has the most fun doing student-outreach programs, which includes bringing Ranger into schools and teaching students about butterflies ("Butterflies can taste with their feet!"). But "working on the land with people" gives her the most satisfaction.

"I gave a native plant talk to our volunteers last month, and it actually inspired so many of them to want to go out, find these native plants and plant them in their yards," Fique says.

How You Can Get This Job:

"You don't have to have an environmental background," Fique says, just "a passion for the environment."

County and state extension offices, such as the University of Maryland Extension (Extension.umd.edu), offer programs to help you learn about the local ecosystems. Fique trained to become a Maryland Master Naturalist (Masternaturalist.umd.edu) and a Howard County Master Gardener (Tinyurl.com/cmsojq4).

She also worked with the Irvine Nature Center (Explorenature.org) to learn how to handle birds of prey.

TRACY KRULIK (FOR EXPRESS)

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Once More, With Meaning

A developer turns an overlooked theater into a new business with a long history

Local Business

Rick Brown didn't mean to open a music venue. The real estate developer just wanted to invest in a building.

Somewhere along the way, though, that changed.

Last January, Brown bought the Bethesda Theater, an art deco movie house, for \$2.85 million, with every intention of renting it out.

"But I realized very quickly, over the first few months, that I should set this up myself," said Brown, a principal at B&B Realty Investments in Bethesda.

Brown, 64, grew up in Silver Spring. His father was a jazz drummer and two of his brothers are musicians (one, Larry, is the director of entertainment at the new venue). His mother's family was in the restaurant business. A supper club with musical acts seemed like the perfect venture for him.

Two weeks ago, Brown opened the doors to Bethesda Blues and Jazz Supper Club, a music house that harks back to an earlier era.

"We want people to feel like they've been transported back to a time when candlelight and music went together," Brown said.

The club will host performances about five nights a week from a range of artists, including country singers, comedians and pop stars. Tickets will range from \$30 to \$40, Brown said, with a \$10



Delores King Williams and the 18-piece house jazz band take the stage of the new Bethesda Blues and Jazz Supper Club.

cover for Monday performances by the club's 18-piece house jazz band.

The theater, which was built in 1938, was renovated by the Bozzuto Group in 2007. Since then, the historical building had a short stint hosting off-Broadway productions, but has mostly remained idle.

"It just sat vacant for a couple of years," Brown said. "No one seemed to know how to make the building work."

Once he bought the building, Brown applied for a Small Business Administration loan — he received \$4.2 million in all — and added a kitchen, bar and dining area to the theater.

Today, dining tables near the stage seat 300. Theater seating in the back accommodates another 200 people.

The decision to serve dinner and drinks was as much a financial consideration as a matter of convenience, said director of operations Ralph Camilli.

"We want people to feel like they've been transported back to a time when candlelight and music went together."

— RICK BROWN, A REAL ESTATE DEVELOPER WHO TURNED HIS LATEST ACQUISITION, A HISTORIC THEATER IN BETHESDA, INTO A SUPPER CLUB WITH JAZZ MUSIC

"As the cost of contract entertainment goes up, venues need to find other ways to generate income," he said. "Of course, food and beverage is the way."

Brown has long had ties to the Bethesda Theater. He grew up watching movies there in the 1950s, and his mother received her high school diploma on its stage in 1947.

"It's a building with a rich history," Brown said. "Our intent is to make artists feel so at home that they pick our venue as where they want to play when they come to Washington."

ABHA BHATTARAI (CAPITAL BUSINESS)

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Historical Reimagining

In 'The Mountaintop,' playwright Katori Hall shows another side to Martin Luther King Jr.

Stage

The toilet flushes, and "The Mountaintop" opens with an actor playing Martin Luther King Jr. taking a leak. King sits alone in Room 306 of the Lorraine Motel in Memphis, waiting for his friend "Ralph" to bring him a pack of Pall Malls.



Hall

In this room, he is not the King with the soaring rhetoric, the preacher man who professed he had been to the mountaintop.

On this last night before his assassination, King is portrayed by playwright Katori Hall as nothing more than ordinary — a man who smokes, likes a little whiskey in his coffee and takes a call from "Mrs. King" while flirting with a hotel maid waiting near his bed.

Hall, a 31-year-old playwright who has burst onto the international theater scene, was not worried in the least about what people might say about portraying King not as an icon, but as a regular man, struggling with his last speech in a dank motel room.

"He had vulnerabilities and fears," Hall says. "This is a man that provided a fundamental shift in American society. King forced us to see people of color are not second-class citizens; they are equal. He did this extraordinary thing. But he wasn't superhu-



Actors Joaquina Kalukango as a maid and Bowman Wright as Martin Luther King Jr. star in "The Mountaintop," which comes to Arena Stage at the end of the month.

Backstory

Body of Work

Playwright Katori Hall's résumé includes these 2012 premieres: "Hurt Village," which starred Tony winner Tonya Pinkins; "Children of Killers," an examination of Rwandan genocide; and "WHADDABLOODCLOT!!!" which featured a well-heeled woman who wakes up one day to find that her crisp New England accent has turned into thick Jamaican patois. (TWP)

man. He always said, 'I'm a sinner. Not a saint.' That is the King you will see in 'Mountaintop.'

When "The Mountaintop," which opens at Arena Stage's Kreeger Theater on March 29, premiered in London, critics called her fearless and audiences wondered who this daring young playwright was. The play won the 2010 Olivier Award, equivalent to the Tony, for best new play.

Hall, who was raised in Memphis, Tenn., says that as a young woman, her mother wanted to go to the Mason Temple to hear King speak in 1968, but bomb threats scared her. "When

my mom told me that story, I thought, 'If my mother was afraid to go to the church, then Dr. King must have been really afraid to go to the church.'"

Her mother always regretted not going. The maid character in "The Mountaintop" is based on her. "It was a way to put my mother in the room with King because I knew she didn't get a chance on April 3, 1968."

"It was important to see the humanity in this hero so we can see the hero in ourselves."

— KATORI HALL, PLAYWRIGHT, ON THE WAY MARTIN LUTHER KING JR. IS PORTRAYED IN HER PLAY "THE MOUNTAINTOP"

Hall was still in her 20s when "The Mountaintop" premiered on Broadway in 2011, starring Samuel L. Jackson and Angela Bassett. Her rise to Broadway was surreal. But the play has generated controversy, for — as one critic wrote — taking liberties with dialogue, which is not drawn from King's speeches or writings. Hall says the play is a magical reimagining of what might have happened that night.

"If you want a play with King on a pedestal, there is a play for you over there," Hall says, summing up her ethos. "If you want a sanitized version of black women, there is a play over there. I can't please everybody."

DENEEN L. BROWN (THE WASHINGTON POST)

● Arena Stage, 1101 Sixth St. SW; March 29 through May 12; 202-488-3300, Arenastage.org. (Waterfront/SEU)

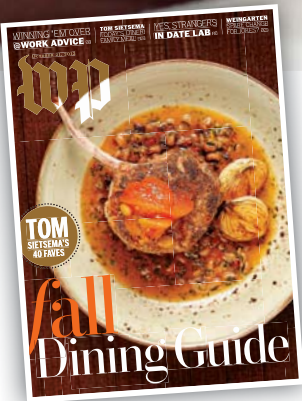


Countdown to Irrelevance: South Korean rapper PSY, left, says he'll unveil his follow-up to "Gangnam Style" next month and celebrate it with a huge concert in Seoul, North Korea. PSY made the announcement Friday on YouTube, where his "Gangnam Style" video has a record 1.39 billion views. PSY said he'll release the new single April 13 and hold a concert at a soccer stadium. He's dubbed the concert "Happening" and says it will be broadcast live on YouTube. (AP)



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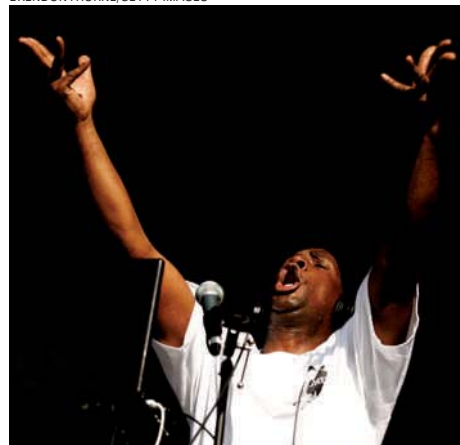
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entertainment **lookout**

BRENDON THORNE/GETTY IMAGES

**1 Pay Homage**

This week marks the third anniversary of U Hall's opening, and it's going all out to celebrate. Tonight, check out a show from granddaddy of all DJs Grandmaster Flash, who's been a huge force in hip-hop since the 1970s and is still amazing when it comes to mix albums and generally being better than everyone else. **U Street Music Hall, 1115 U St. NW; Mon., 9 p.m., \$10; 202-588-1880, Ustreetmusichall.com. (U Street)**

2 Does She Die At the End?

Giacomo Puccini is the most accessible opera composer, all lush melodies and Italian emoting. Skip the popular shows, though, because you're too cool for that, and go for "Manon Lescaut," his obscure tale of a tragic woman chasing love and falling into sin. The Kennedy Center's new production stars opera mega-diva Patricia Racette. **Kennedy Center, 2700 F St. NW; through March 23, \$25-\$310; 202-467-4600, Kennedy-center.org. (Foggy Bottom)**

3 The Punk of the Irish

There's pretty much no better way to start the countdown to St. Patrick's Day than with some in-your-face Irish punk rock from Boston's Dropkick Murphys. Prepare yourself for mosh pits, empty pints of Guinness and a massive sing-along during "I'm Shipping Up to Boston" (which you may remember from "The Departed"). **9:30 Club, 815 V St. NW; Mon., 6:30 p.m., sold out; 930.com. (U Street)**



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Sandra Day O'Connor offers new insights into our highest court

Book Review

In the old days, lawyers arguing before the Supreme Court could blather on, uninterrupted, for as long as 10 days. Nowadays, they're strictly limited to 30 minutes of argument time — and they're deemed lucky if they can speak more than two sentences before the justices interject.

The first chief justice, John Jay, resigned to become governor of New

York. He didn't think the Supreme Court would amount to much.

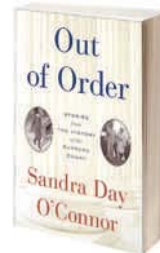
And until Chief Justice William Howard Taft, a former president, lobbied for a Supreme Court building, the nation's highest court shared office space with merchants, lower courts and Congress.

For an institution so seemingly steeped in tradition, the nature of the Supreme Court has changed and evolved drastically over its lifetime.

That's the main takeaway from a new book by former Justice Sandra Day O'Connor, the first woman appointed to the job. "Out of Order: Stories From the History of the Supreme Court" (\$26, Random House) is readable, accessible and full of riveting anecdotes, even if the level of detail may occasionally bore the casual reader.

O'Connor skillfully highlights myriad personalities in the histo-

ry of the court, from John McLean, who ran unsuccessfully for president four times while serving on the court, to Byron White, who played professional football for the Pittsburgh Pirates (now Steelers) and Detroit Lions before being appointed to the bench.

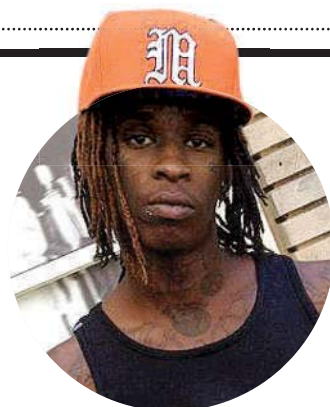


O'Connor offers a few juicy tidbits about life as a Supreme Court justice. She writes that each newly appointed justice is "permitted" to sit in the historic chair used by Chief Justice John Marshall. (Justice Sonia Sotomayor said she felt as if history were "coursing through" her when she sat on it.)

Just before taking the bench during oral arguments, the justices gather in the robing room and partake in a "judicial handshake," with each justice shaking the hand and greeting every other justice. After morning arguments wrap up, the justices have lunch together — and no work talk is allowed.

"Out of Order" is, at its core, a compact history book on the Supreme Court — albeit a more lighthearted, personality-filled one than you might find in a high school classroom. RASHA MADKOUR (AP)

'Out of Order' is, at its core, a compact history book on the Supreme Court — albeit a more lighthearted, personality-filled one than you might find in a high school classroom.



Offbeat Rhymes Hypnotize

Album Review

Yeah, the kid raps like he's going through a difficult puberty, but give Young Thug a chance. On his new mixtape, "1017 Thug," the young Atlanta eccentric — and Gucci Mane acolyte — is yelping in defiance.

There's a lineage of rappers that have made their names elbowing free from the constraints of rhythm and rhyme. Now we have a rapper tampering with tone, jumping octaves willy-nilly, occasionally bleating through Auto-Tune, as if daring technology to contain his weirdo croaks. With "Tabernacle," he proves that the more bizarre the hook, the more power it asserts: "I'm like, whoa, whoa, whoa! Live from the tabernacle!" Can you hear his cult assembling?

CHRIS RICHARDS (THE WASHINGTON POST)

Marvel Releases First-Issue Comics

Digital versions offer origin stories usually reserved for collectors

Comics

In comics, the first issue is where the story starts and the legend begins.

For readers, a print copy of Issue No. 1 can be hard to find and expensive to buy. But those rules don't apply to tablets, laptops and smartphones both for comics fans and

those curious about characters they have seen in film or on television.

Part of that fascination with superheroes and their growing cachet in popular culture is why Marvel Entertainment, home to the Fantastic Four, the X-Men and the Avengers, among others, have made more than 700 first issues available to digital readers for free through the Marvel app and the company's website.

After Tuesday, they'll be sold for \$1.99 to \$3.99 per issue.



What You'll Find

Marvel went through its catalog of more than 13,000 titles that are already available digitally and plucked out the No. 1 issues, including historic ones such as "Amazing Spider-Man" by Stan Lee and Steve Ditko and the "Fantastic Four" by Lee and Jack Kirby, as well as modern titles such as "Civil War," Joss Whedon's "Astonishing X-Men" and characters and teams like the Uncanny Avengers and Guardians of the Galaxy. (AP)

The titles go from the 1960s Silver Age to contemporary issues with characters including Wasp, Mr. Fantastic, Power Man and Iron Fist, said David Gabriel, senior vice president of sales.

"This is aimed at attracting fans from all walks of life — those who know our characters from the big screen, those who were readers but fell out of the habit and our long-term fans too," he said. "We believe that if we get those fans in the door, they'll stay and help grow this industry, with purchases both in comic stores and via digital comic outlets." MATT MOORE (AP)

TV tonight **lookout**

Inside the Golden Years

'Kings Point' explores love and loss in a Fla. retirement home

Documentary Film

HBO 9:00 The Oscar-nominated 2012 documentary "Kings Point" takes a bittersweet look at the aging residents of a Delray Beach, Fla., retirement home.

Many of the subjects of "Kings Point" have been in their condominiums since the 1970s and have lost spouses, friends and family members. Most live alone, but they have one another, and occasionally admit they need that.

Some men and women couple up, while other feisty elderly women recoil at the thought of taking care of an "old" man. And they share these thoughts with colorful audacity.

While Kings Point is not as fancy as the Del Boca Vista home where Jerry's parents lived on



The Oscar-nominated 2012 documentary "Kings Point" follows the community of residents at a Florida retirement home, including Bea, left and Frank, right.

"Seinfeld," its residents would not be out of place on that comedy. We learn that muscles, memories and hairlines may recede over the decades, but the human capacity for passion, jealousy, longing and loneliness never flags. It's a film as frequently amusing as it is heartfelt and moving.

In exploring our society's ambivalence toward aging, and our need for community as well as self-reliance, director Sari Gilman has found a thought-provoking subject. But more than that, she has uncovered a memorable cast of characters.

KEVIN McDONOUGH (UNIVERSAL UCLICK)

BEST BETS

ABC 8:00

The Bachelor It's decision time for hunky Dallas insurance man Sean Lowe, right, as the latest season of the dating show concludes. He started with 25 potential lady friends, and now it's down to the last two. You know the drill from here.



REELZ 8:00

Ring of Fire An oil company boss ("Lost's" Terry O'Quinn) battles to use a radical oil-drilling technique in a rural community short on jobs in this two-part miniseries. When his company drills into a pocket of molten magma, it sparks an unprecedented geological incident.

CW 9:00

90210 Annie, Adrianna and Silver plan a girls' night out for Naomi, but it doesn't go well. Let's hope she has better luck with up-and-coming media mogul Jordan Welland, who wants her to be his event planner.

TNT 9:00



Dallas Viewers knew that J.R.'s death would be written into the series since Larry Hagman, left, died late last year, but the circumstances of the character's demise are a shock to the surviving Ewings. Their late patriarch still manages to have the last word, however, as a shocking revelation about him surfaces. (TRIBUNE MEDIA)

Talk Shows

Late-Night Justin

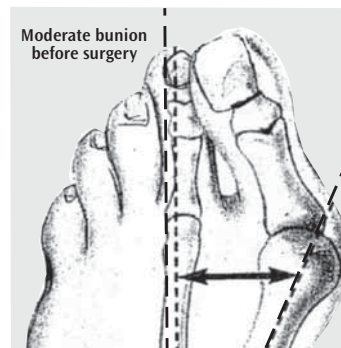
Fresh off doing double-duty on "Saturday Night Live," Justin Timberlake returns to "Late Night With Jimmy Fallon" (NBC, 12:37 a.m.) for a weeklong stint as musical guest. This being Timberlake, you can also expect him and Fallon to have some fun — and probably do another "History of Rap" song. (EXPRESS)



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lookout online



Blog Log



“[Christine] Quinn’s formality really isn’t that surprising. She’s been the clear frontrunner for a minute now.”

—**CONNOR SIMPSON AT THEATLANTIC WIRE.COM** reacts to the formal announcement of Quinn, who is running for mayor of New York City and who, if elected, would be the first female and first openly gay mayor to lead the nation’s largest city.

“So, folks, I’ve done it again. I’ve spent countless hours I can never get back crafting an art project from marshmallow Peeps for the Washington Post Peeps diorama contest. (A contest which has never shown me any love, yet I continue to try and win its affection.)”

—**KCANEDO.BLOGSPOT.COM** enjoys The Washington Post magazine’s yearly Peeps contest, which will be announced March 22.

“Justin Timberlake is amazing and one of a kind, and as if he had to, he proved it again [Saturday]. ... The reason his episodes work is because he still looks like Justin Timberlake, sings like Justin Timberlake, has comedic chops like Justin Timberlake and dances like Justin Timberlake.”

—**LOGAN NICKLAUS AT ROLLING STONE.COM** thought the pop star did well hosting and performing on “Saturday Night Live” this weekend.

“Much prefer the ‘reading a book’ method for losing sense of time, rather than this saving daylight nonsense.”

—**@HARPERPERENNIAL** was not too happy about setting the clock forward Sunday morning.

“Every time I walk over a sewer grate I look down into it hoping to catch a glimpse of a [Teenage Mutant] Ninja Turtle — true story.”

—**@SIMPLYEFFORTFUL** is still trying to find the fictional anthropomorphic turtles, named after four Italian Renaissance artists.

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puzzles lookout

HOROSCOPE

PISCES (Feb. 19-March 20) You're not likely to get away with everything you had planned, but one thing in particular is likely to win you some attention.

ARIES (March 21-April 19) You may be asked to defend a recent decision and make clear your intentions once the effects of the decision begin to be discerned.

TAURUS (April 20-May 20) You'll be part of an important chain reaction of events. Don't try to do too much on your own — and wait your turn!

GEMINI (May 21-June 20) You may be introduced to something that changes your mind about a great many things — though it's not likely to happen all at once.

CANCER (June 21-July 22) You'll want to be sure you know what others are doing around you; their activities will surely affect your own.

LEO (July 23-Aug. 22) You may want to put more on the line than usual — but take care you aren't following a rival down a dangerous path.

VIRGO (Aug. 23-Sept. 22) Don't simply follow in another's footsteps today and begin spinning out of control. Don't give up your self-control.

LIBRA (Sept. 23-Oct. 22) You will determine quickly what the central issue at play is — and thus gain the advantage over several others who remain in the dark.

SCORPIO (Oct. 23-Nov. 21) What begins quickly may not be something you can catch up to with ease — but later in the day a slowdown allows you to make up ground.

SAGITTARIUS (Nov. 22-Dec. 21) Keep your eyes on those who have their eyes on you! You cannot afford to let someone take advantage of you.

CAPRICORN (Dec. 22-Jan. 19) You may not know what is meant by someone's surprise announcement today — until you realize that you are, in fact, directly involved.

AQUARIUS (Jan. 20-Feb. 18) You may have to go back to the drawing board — but in the end you may confirm that your first idea is still the best!

Scrabble Grams

PAR SCORE 150-160, BEST SCORE 237

A ₁	O ₁	O ₁	Y ₄	W ₄	F ₄	T ₁
E ₁	O ₁	D ₂	T ₁	H ₄	B ₃	C ₃
A ₁	Y ₄	N ₁	T ₁	B ₃	D ₂	S ₁
E ₁	E ₁	O ₁	T ₁	R ₁	P ₃	M ₃

Triple Word Score

3rd Letter Double

RACK 1

RACK 2

RACK 3

RACK 4

Friday's Solution

E ₁	R ₁	R ₁	A ₁	B ₃	L ₁	E ₁	RACK 1 =	59
U ₁	N ₁	T ₁	H ₄	I ₁	N ₁	K ₅	RACK 2 =	78
A ₁	N ₁	Y ₄	B ₃	O ₁	D ₂	Y ₄	RACK 3 =	74
K ₅	E ₁	N ₁	N ₁	E ₁	L ₁		RACK 4 =	10
PAR SCORE 155-165								TOTAL
								221

FOUR RACK TOTAL

Make a 2-7-letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

EASY

	3	5		9	7			
8					4	2		
4	1	6	8		2		9	7
			2				5	4
		2	1	4	5	6		
5	4				3			
1	2		7		9	3	4	6
		3	4					5
			3	2		8	7	

Friday's Solution

9	8	4	5	6	3	2	7	1
1	3	6	4	7	2	8	9	5
7	5	2	8	9	1	4	6	3
2	1	7	9	8	5	3	4	6
3	9	5	1	4	6	7	8	2
4	6	8	3	2	7	5	1	9
6	7	3	2	1	8	9	5	4
5	4	1	7	3	9	6	2	8
8	2	9	6	5	4	1	3	7

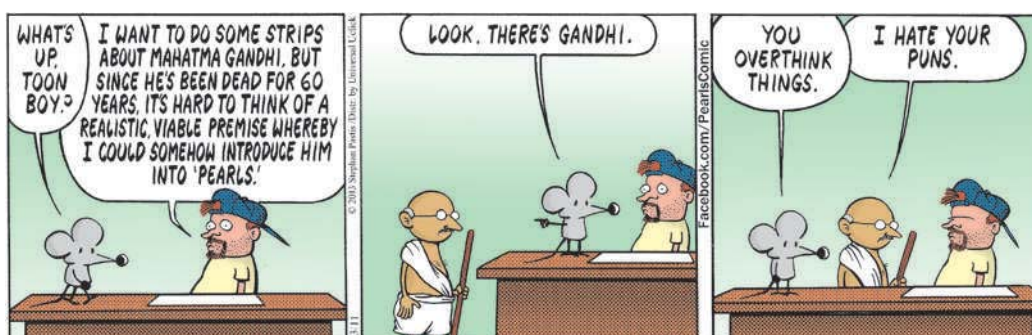
Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

63 50

Today: Fog in the morning; otherwise, mostly cloudy today. Rain tonight.

61 38

Tomorrow: Rain tomorrow morning; otherwise, cloudy. Clear tomorrow night.

Looking Ahead

WED	THU	FRI
53 29	46 31	54 35

Sun and Moon

Sunrise today: 7:26 a.m.
Sunset today: 7:11 p.m.
Moonrise today: 6:59 a.m.
Moonset today: 7:22 p.m.

Almanac

Normal high: 54
Record high: 78
Normal low: 36
Record low: 14

FORECAST BY ACCUWEATHER.COM ©2013

Get ready for MEGA Real Estate Weekend.

Coverage that gets you right where you live

■ **Saturday, March 16**

The Mega Real Estate Section: Featuring stories about local neighborhoods, real estate trends and home improvement ideas.

- Get the scoop on the neighborhoods where buyers still have an advantage in the region's hot seller's market.
- Take a peek at the custom homes and stunning renovations designed by one of the area's most in-demand architectural firms.
- Discover what HGTV's Vern Yip says about what paint colors, furnishings and fixtures are trendy this spring.

■ **Sunday, March 17**

The Mega Open House Directory: Whether you're searching for your next home or just decorating ideas, your Sunday Open House tour starts here.



Saturday, March 16 – Sunday, March 17

The Washington Post
If you don't get it, you don't get it.

XPC088 2x10.5

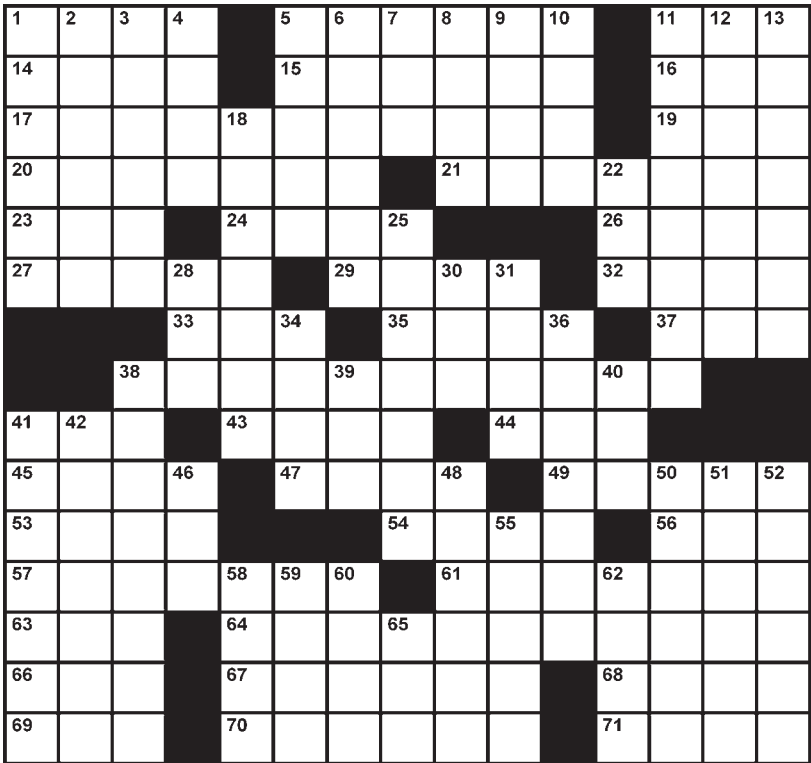
lookout puzzles

Crossword

BEASTLY

ACROSS

- 1 Snail-mail org.
5 Carton's holdings
11 Big mo. in retail
14 Make a long cut in
15 7 UP, in old ads
16 Former name of Tokyo
17 Flighty
19 "Vigor" go-with
20 Filling with cheer
21 Started on a course
23 Go bad
24 Stereotypical hobo fare
26 Melange
27 Refine ore
29 Density symbols, in physics
32 Penultimate word in fairy tales
33 History class topic
35 Cookie often eaten inside-out
37 Wintertime in D.C.
38 King Richard's epithet
41 Start to vent?
43 Nice little alphabet run
44 UFO pilots
45 Ogden Nash's priest
47 Spotted
49 Sunshine State city
53 In a frenzied manner
54 Wander widely
56 ____-10 (NCAA conference)
57 Rummy variety
61 Brazenly obvious
63 Decay-fighting org.
64 Some warm wear
66 Little bit
67 Pollen-bearing part of a flower
68 Type of male bird that hatches eggs
69 Dir. from Dallas to Philly
70 Most mean-spirited
71 Suffixes with "cloth" and "cash"
- DOWN
- 1 Ballpark figures



EDITED BY TIMOTHY E. PARKER

- 2 Race with flags
3 Hook, for one
4 Proofreader's notation
5 Beyond well done
6 Asian jackass relative
7 91, to Caesar
8 Arial, e.g.
9 Peter Fonda title role
10 Stow, as cargo
11 Grew worse
12 Conveys knowledge to
13 Ease
18 Cafes
22 Amnesic John
25 No one in particular
28 Souvenir that's strung
30 "... boy ____ girl?"
31 All dried out
34 Tiny workers of the soil
- 36 Armchair companion
38 Citric refresher
39 Cerise or magenta, e.g.
40 Abbr. on a keypad key
41 Mollify
42 Fast month for Muslims
46 Working name letters
48 Titled peers
50 "Fort ____, The Bronx" (1981 Paul Newman drama)
51 Spindlier
52 Serves the function of
55 Wide-awake
58 Use a knife, say
59 Chicken of the Sea product
60 Word with "fine" or "visual"

- 62 Hatcher of TV
65 Word with "beginning" or "end"

Friday's Solution



TODAY IN HISTORY

1888 The Blizzard of '88, the "Great White Hurricane," hits the Northeast, killing about 400 people.

1942 Gen. Douglas MacArthur leaves the Philippines for Australia. (He vowed, "I shall return," and kept that promise more than 2½ years later.)

2004 Ten bombs explode along the commuter rail network in Madrid, Spain, killing 191 people and wounding more than 2,000 others.

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people **lookout**

AILING

Cause of Osbourne's Seizure Not Known

Kelly Osbourne has not, contrary to some reports, been diagnosed with epilepsy following a seizure Thursday, E! News reported. "There is absolutely no confirmed diagnosis regarding Kelly's condition at this time," her rep said. "She is under a doctor's care and they are continuing to run tests. Kelly is fine and thanks everyone for their continued support." (EXPRESS)



JOURNALISM

Thank You for a Week Of Easy Headlines, Biebs

After a rough week — he was booed for being late to one show and had trouble breathing during another (then fainted backstage) — Justin Bieber recovered Friday for his final concert in London, which took place without incident. Earlier that day, though, he got into an altercation with insult-hurling paparazzi, lashing out with a stream of expletives as he was restrained by minders. (AP)



Justin was traumatized. Sandra wasn't respecting his personal space again.

Victims

**Sure, Let's Blame Shoes. Not Aging.**

Sarah Jessica Parker tells website Net-A-Porter that cheap shoes hurt her feet, unlike the pricey ones in "Sex and the City." During filming of "I Don't Know How She Does It," she twisted her ankle in cheaper shoes. She said her foot doctor said, "Your foot does things it shouldn't be able to do. That bone there ... you've created that bone." (EXPRESS)

CASTING

LiLo Not Considered!?

Will Brooke Shields fill one of the slots on "The View" left empty by the departing Joy Behar and — allegedly — Elisabeth Hasselbeck? That's what Showbiz411.com is reporting, citing unnamed sources who say Barbara Walters has handpicked the 47-year-old actress for the job. Usmagazine.com reported that Hasselbeck would not return for the show's next season. "The viewers they polled all said she was too extreme and right wing," a source told Us. "People did not watch the show because of Elisabeth." (EXPRESS)



SURPRISE!

At Least She Has a Reason For Choosing a Weird Name

Holly Madison defended the name chosen for new daughter Rainbow Aurora on her blog (Celebuzz.com/holly-madison) on Friday. "There are a lot of smug haters out there who bag on my choice of a name, but I don't care about what they think," she wrote. "I want my daughter to be proud of who she is and learn to speak up and stand up for herself at a young age." (EXPRESS)

"We spend our lifetimes thinking, 'I'm never going to die.' But cancer says, 'Hey, not so fast.'"



— VALERIE HARPER TELLS PEOPLE MAGAZINE SHE'S GOING TO MAKE THE MOST OF THE TIME SHE HAS LEFT. SHE WAS DIAGNOSED WITH TERMINAL BRAIN CANCER IN JANUARY.

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